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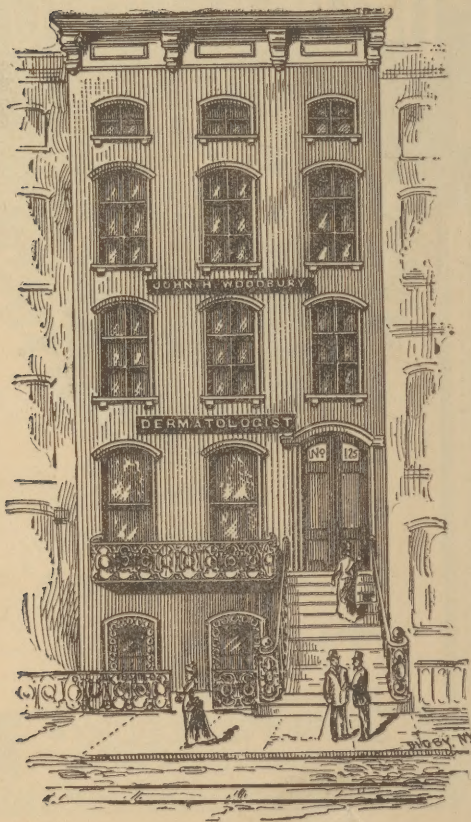


HOW  
TO REMOVE 511  
ALL IMPERFECTIONS  
OF  
**THE SKIN.**

BY

**JOHN H. WOODBURY**  
**DERMATOLOGIST**

125 WEST 42nd St. NEW YORK City.



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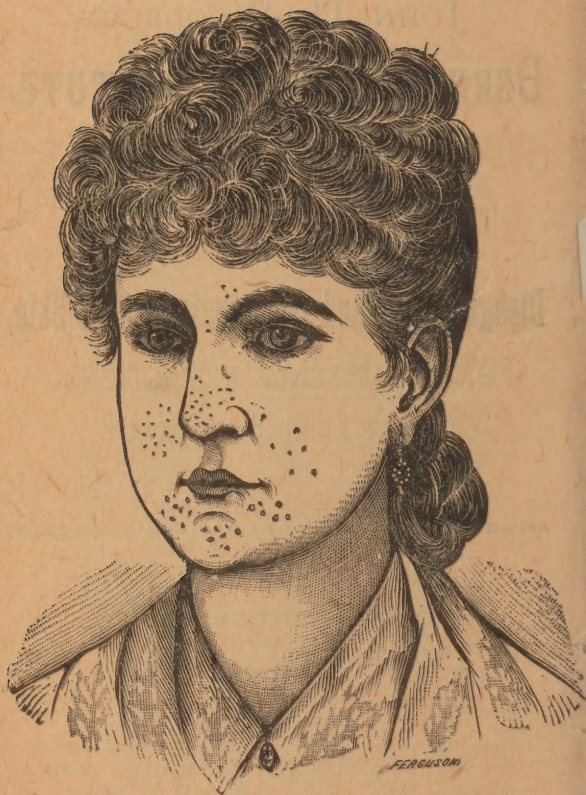
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## PREFACE.

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That the diseases of the scalp, causing loss of hair and the different disfigurements and imperfections of the skin, are subjects of very proper interest and solicitude, I regard as but a reasonable assumption. A work, therefore, embracing every detail of these important affections, in as concise and plain a manner as possible, is something that cannot be regarded with indifference, especially by ladies. As a practical dermatologist, with an experience of twenty years, to sustain me, and being perfectly familiar not only with the study of cutaneous disease, but with its careful and methodical treatment, I shall aim to place before the public, in the ensuing pages, definite, authoritative and invaluable information. Doing justice to all, I ask only justice for myself.

To be as honest to my patients as my duty as a dermatologist demands, I wish to state that I prepare no cure-all or specific, all such preparations being prepared to sell and defraud the public, regardless of the good or bad results accomplished, so long as great pecuniary benefit is derived from their sale. I would like to impress this fact most strongly upon my readers,



and I feel certain that every one must see how utterly impossible it is for any one medicine to cure all forms of disease, whether external or internal.

To every one the fact is self-evident, that, in order to successfully treat any disease, a correct diagnosis is the first essential. Hence, it is always our first great care to determine the exact nature and character of the disease in question ; we are then ready to furnish such remedies as are needed to meet all requirements of the case.

Starting with a thorough and comprehensive knowledge of the disease, it is our end and aim to effect a *perfect cure* and not merely ameliorate disagreeable symptoms with a view to extorting money from our patrons.

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# WOODBURY'S FACIAL SOAP

FOR THE

## SKIN, SCALP AND COMPLEXION

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## CHAPTER I.

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### **Anatomy of the Human Skin, with**

### **Its Disfigurements and Imperfections.**

Every person knows what the skin is—its external appearance and its general properties; but there are many who may not be aware of its peculiar and wonderful construction, its compound character, and its manifold uses. It not merely acts as an organ of sense and a protection to the surface of the body, but it clothes it, as it were, in a garment of the most delicate texture and of the most surpassing loveliness. In perfect health it is gifted with exquisite sensibility, and, while it possesses the softness of velvet and exhibits the delicate hues of the lily and the rose, it is, nevertheless, gifted with extraordinary strength and power of resisting external injury, and is not only capable of repairing but of actually renewing itself. It is furnished with innumerable nerves, which endow it with extreme susceptibility to all the various vicissitudes of climate and of weather and prompt the mind to provide suitable materials in the shape of clothing to shield it under all the circumstances in which it can be placed. The skin, though apparently a single membrane, is composed of three distinct layers or membranes, each of which has special

duties to perform. The exterior of these, or that one which immediately meets the eye, is called the cuticle epidermis, or scarf skin. It is of uneven thickness, in some parts being extremely thin and delicate, and in others, particularly those exposed to friction, thicker and harder, in this respect being accommodated to the nature of the part it covers. Throughout its whole surface it is thickly pervaded with minute pores, to permit the escape of the perspiration and other exhalations from the body. Its reparation and renewal are carried on at its under surface, whilst its damaged, worn-out and useless portions are thrown off in the form of whitish dust or minute flakes or scales.

Immediately under the cuticle, and resting on the cutis, is the rete mucosum, or mucous network. It is a thin layer of soft pulpy matter, of a fibrous character and reticular form, and appears to be the seat of the color of the skin, with the hue of which it always coincides. Beneath the rete mucosum, and forming the third, last in succession inwards, and principal tegumentary covering of the body, is the cutis derma, or true skin. It is a highly sensitive, vascular, gelatinous texture of a very complex structure. It is of a whitish color and fibrous, and appears to be made up of an irregular species of network. Closer examination shows it to be composed of condensed cellular tissue and to be very thickly supplied with absorbent vessels and with arteries, veins and nerves. It is here that the minute capillaries of the arteries spread themselves out and, by means of the ducts of the sudorific glands or follicles, exhale the peculiar secretions which we call perspiration. The importance of the perspiratory functions of

the skin cannot be overestimated, nor can too much care be taken to keep them in a state of healthy integrity.

Their use is to preserve the softness and sensibility of the skin, to maintain the temperature of the body at a uniform standard, and to remove from the system a number of compounds noxious to life. Regular and healthy perspiration, more particularly that usual form of it termed "insensible perspiration," is not merely in the highest degree conducive to health, but absolutely necessary to its very existence. Obstructed or suspended perspiration is one of the most common causes of catarrhs (colds), bronchitis, coughs, etc. The sudorific glands and the perspiratory pores pervade every portion of the skin and are exceedingly numerous. On the palm of the hand the orifices of these pores are faintly perceptible to the naked eye in hot weather, and are distinctly so with a lens of small magnifying power. The perspiration contains about one per cent. of solid animal and saline matter, the latter consisting chiefly of lactic acid and salts of soda and ammonia, the rest being water with variable quantities of carbonic acid, nitrogen, etc. Such is the general structure of the human skin, so complicated and yet so perfect, so delicate and yet so useful.

DISEASES OF THE SKIN are very numerous and varied in their character, and all of them more or less impair its beauty, whilst most of them disfigure it, and not a few render it loathsome and their victims unfit for the social circle and society. It is, however, chiefly of those of a mild character, and of the milder forms of others, in which medical aid is seldom sought, and of the removal of their ill-effects on the personal appear-

ance, that I shall chiefly refer to here. Of late the steadily increasing interest in dermatology shows the importance of paying reasonable attention to the matter of which it treats.

The most common forms of skin disease and disfigurements which we meet are Acne, or Pimples ; Comedones, or Flesh-worms ; Acne Rosacea, or Unnatural Redness of the Nose and Face ; Sycosis, or Barbers' Itch ; Moth Patches, Freckles, Warts, Moles, Distinct Red Veins, Powder Marks, Molluscum, Follicular Elevations, Birth-marks, Scars, Pockmarks, Untimely Wrinkles ; Cyanosis, or Unnatural Blueness of the Skin ; Anæmia, or Extreme Paleness of the Skin and Ugly Complexion.

### **To Consultants.**

Patients living at a distance who desire to avail themselves of our services need not hesitate because of their inability to visit us personally.

We have treated successfully patients in all the states and territories as well as in all parts of the civilized world. On application we will send a question blank which, when carefully filled out, enables us to judge correctly your disease and temperament. Those who wish to indemnify us for our time and trouble can enclose a fee of One dollar ; those who do not may simply enclose stamps to prepay a reply. Those who are disposed to employ us may rest assured of one thing, and that is that we will not hazard the reputation gained at the expense of years of study and toil, by giving unwarranted encouragement or an uncandid diagnosis.

We especially invite correspondence with those who have failed to find relief under other treatment.

## CHAPTER II.

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### **Acne Simplex, or Pimples; and Comedones or Flesh-worms.**

Before beginning this chapter let me try and remove from the minds of the readers some of the most prevailing errors in regard to all skin troubles as a class. Most people have the idea that when they notice any one suffering from any form of skin trouble, or they themselves become afflicted, that it is a disease of the blood essentially. Now let me impress most strongly upon you this fact: that the great majority of skin diseases are not a result of a diseased state of the blood. There are exceptions to this, however, and I am certain that, if one would stop long enough to reason the matter, this fact would seem just as clear as it does to me and as the results of my treatment for the past 20 years have proved. If the blood were at fault, making the circuit of the body as it does so rapidly, every portion of it would most certainly become involved from contact with the diseased fluid. That such is not the case I think you will all agree. So, for the intelligent understanding of this class of disorders, we will drop, if you please, this prevailing but erroneous conviction. Let me add this fact, though, that in spite of the great



advance in education, civilization and science of late years, there never was a time when skin diseases were so prevalent as they are to-day. Now, why should this be so? From the very fact that the erroneous ideas already spoken of have got such firm hold upon the popular mind that, in every case of skin disease, some one of the thousand so-called blood purifiers is resorted to and only serve to aggravate the trouble that may have been but a simple form of skin disease at the start and might have been promptly cured had the proper means been adopted at first. The market is flooded with these noxious preparations, and it is most astonishing to me to see with what eagerness they are purchased, particularly as they can in no possible manner accomplish any good whatever, and, as I have already said, only serve to aggravate the trouble in the great majority of cases. Wasting valuable time and money in the effort to obtain an impossible relief. If this erroneous idea can only be stamped out and a rational mode of treatment adhered to, there will no doubt be better results in every way obtained with far less expense and loss of time to patients so afflicted. Let us mention just here that all of these patent medicines that are foisted upon the public all claim too much; they all claim to cure all forms of skin trouble, no matter what the cause may be. Now let me ask if this seems reasonable? That alone, I should think, in the mind of every intelligent person, would cause such a nostrum to be regarded with suspicion. It is an utter impossibility for any one medicine to cure all forms of disease. The only rational mode of treating any disease is to first discover the cause and then use the remedy that shall remove it. In this way

alone can good results be obtained. Now, whereas the disorders I am about to describe are not the results of a diseased state of the blood, they are due to some morbid condition of the skin and can only be successfully treated by external applications which shall be absorbed by the skin, and in this manner counteract and remove the exciting cause.

There are four varieties of *Acne* that we are most commonly called upon to treat—*Acne Simplex*, *Acne Rosacea*, *Acne Indurata* and *Acne Miliaris*. The first two forms are the only ones that I shall have space to describe in this work.

*ACNE*, even in the restricted sense in which the term is now used, may be regarded as the most common of all cutaneous affections. It is an inflammatory affection of the sebaceous follicles. It may be asserted that the majority of adults, male or female, have not passed through the period of adolescence without having at least a mild form of *acne*, either on the face or upper portion of the back. These are the regions upon which the affection is most apt to appear. They may increase in number, new ones coming faster than the old ones disappear. Month after month the skin becomes more thickened by the products of inflammation ; and finally the disease reaches the chronic and disfiguring stage, and this stage is very frequently a most unsightly one. From the activity of the inflammation and the great number of pimples, the face has assumed an aspect anything but pleasant to look upon, aside from the personal discomfort to the patient. Pimples are always a source of annoyance, especially to young ladies whose complexion would be all that could be desired without them.

Oftentimes they are the occasion of very unpleasant comment by the ignorant and narrow-minded. The causes of Acne are impaired digestion, menstrual irregularity, suppressed secretion of the skin, but the most common cause is the indiscreet use of those noxious cosmetics and face powders that close the pores and so cause these disfiguring eruptions.

COMEDONES, OR FLESH-WORMS, ETC.—Comedones are an affection of the sebaceous glands, occurring alone or associated with acne. It consists in an extensive secretion of sebaceous matter, which, becoming hardened, produces a distention of the sebaceous ducts. The skin may be tolerably smooth and dotted with numerous dirty specks, which indicate the gaping mouths of distended ducts, or, as is usually the case, small conical papules are seen with black dots on their summits. The dark color of these "black heads" is owing to the adherence of particles of dirt to the exposed ends of the fatty plug which occupies the follicle. In patients who work in dusty rooms these black dots increase in number and prominence, until the face looks as though it had been exposed to an explosion of gunpowder. When pressure is applied to opposite sides of a comedone, an inspissated mass, composed of sebum and epithelial cells, can be extruded in the shape of a curdy cheesy worm. The affection is commonly observed upon the face, neck, nose and the upper portion of the back. In the concha of the ear the black ends of a group of comedones are frequently seen. In this location they are firmly imbedded and pressed out with difficulty. Upon the forehead and temples comedones do not attain as large a size nor are they as numerous as upon

the cheeks. They may be soft, whitish and curdy, curling as they are extruded from the sebaceous ducts, or in cases of long standing they may be more or less hardened, of a yellowish color and pyriform shape. The comedone will sometimes reveal the presence of an animal parasite. Several of these microscopic insects may be found in one follicle. My treatment for these affections is absolutely certain. Patients desiring treatment will please state the nature of their case, whether male or female, age and how long they have been troubled.

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## CHAPTER III.

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### **Acne Rosacea**

or

### **Unnatural Redness of the Nose and Face.**

There is one other important variety of Acne to which I must direct your attention in this connection. In the article entitled "Shaping the Nose" I shall emphasize the necessity of a symmetrical nose as an adjunct to good looks. But if you add unnatural redness to an ill-shaped nose, then indeed is one a target for all eyes, and the person so afflicted is in sad need of a remedy. The distress produced by this condition of the face is suffered from by both sexes, irrespective of age, figure or complexion.

The nose being the prominent feature of the face, even a slight redness attracts instant attention, and often invidious remarks, extremely annoying to its possessor, are made.

The disease has a decided tendency to increase; a warm room, nervous excitement, or outdoor air, all aggravate, and cause a hot, burning sensation. If a person be at all sensitive, a glowing nose will cause constant annoyance and vexation. A remedy, if effectual, will be most gladly sought.

The fleshy nose is nearly always more or less red,



and it is one most difficult to cure. The more cartilaginous the feature, the whiter and better shaped it is ; if it be fleshy the circulation is more or less apparent, whilst with cartilage there is little or no blood circulation, and as blood is the redness, and non-circulation is the opposite, the cause and effect is palpable.

A severe attack of indigestion will often make the nose red. Of course the remedy in such a case is to give heed to the laws of health, by eating and drinking carefully.

An exceedingly thin skin, possessed by most fair persons, is another cause for the blood to show readily through its coverings, and therefore I recommend that the flesh be thickened by using an astringent, that the pores may be tightened, and that the skin be made less transparent. This astringent liquid is applied with a piece of linen, and this is done without inconvenience or discomfort. The outside skin of the feature is covered with a piece of linen, well saturated with the astringent. This outward using soon tells upon the texture of the flesh, and resists the showing through of the blood.

The forehead, chin and neck, are as a rule, pale in color. The reason for this is that the skin is tightly drawn and little blood can flow between the skin and cartilaginous matter. And so it would be by the use of an astringent that would draw the flesh to a normal condition.

The redness of the nose in its early stages consists of simply a reddened condition of the skin on the tip of the nose, sometimes accompanied with a similar condition of the cheeks. The redness may not be uni-

formly distributed over the affected parts, but consists of reddened spots, with intervening skin of natural color.

Gradually the area of redness increases by enlargement of the spots, until finally the greater part of the nose is the seat of a diffuse redness, not a bright red, but of a livid hue, especially noticeable when the part has been exposed to the cold. This process does not take place with rapidity, but, on the contrary, in the majority of cases, with very great slowness, requiring months and not infrequently years for its development. In this condition it may persist indefinitely, but more frequently passes into the next stage, which is known by the appearance of very small blood-vessels upon the surface. As the trouble progresses, they increase in size and become tortuous and enlarged. At the same time the skin itself thickens, and occasionally pimples arise. These are generally from the glands ; this is due to an extension of the disease from the surrounding skin. This second stage, like the first, is of slow development, often requiring years, but still it advances with a slow but steady step. In this condition it may remain indefinitely and, in fact, never go beyond it. In some cases, however, more frequently in men than in women, the trouble may continue and result in a very great thickening of the skin, until it becomes very large and produces a great deformity of the nose. This thickening may be uniform, or somewhat irregular, budding out in different places into rounded elevations.

CAUSES.—The causes of a red nose are both external and internal ; the latter being the more frequent and prominent. Anything which tends to increase the

circulation of the face is influential in the production of this malady, as repeated exposure to cold, etc., may cause a congestion which may not subside before fresh exposure aggravates the trouble. Among the internal causes which influence it are gastric and uterine derangements, but gross living and the indiscreet use of cosmetics are certainly the most common causes.

The trouble, however, is not, in men, to be exclusively attributed to the use of alcoholic stimulants, as I frequently meet with cases among strict abstainers. In females, digestive derangements likewise play an important part in its production, also tight lacing is almost sure to produce it in time, but there is no doubt that uterine or ovarian disturbances are more frequently the source of the trouble.

In ordinary cases the astringent liquid quickly and effectually produces a cure. No one need be a sufferer who will carefully follow my directions for treatment. This liquid I will guarantee as harmless, and, by steady application during treatment, will always be effectual, by reducing and shrinking the small capillary blood-vessels, thus causing a less flow of blood through the affected parts.

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## CHAPTER IV.

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### **Sycosis, or Barbers' Itch; and Moth Patches and Freckles.**

I will claim here just a brief space to describe an affection that is most persistent and annoying when it exists, and that is Barbers' Itch. This affection is an inflammatory disease of the hair follicles, usually affecting the bearded portion of the face. It is characterized by tenderness and swelling of the skin and the development of deep-seated nodules and superficial pustules, each one of which is usually perforated by a hair. The affection is allied to Acne and differs from it only in the seat of the inflammatory process, it taking place in this affection around the hair follicles instead of the sebaceous glands. It often begins suddenly with a heat and tension of the part, the starting point of the inflammatory action being usually in the connective tissue around the hair sac. The follicle becomes quickly involved and the pus reaches the surface of the skin between the hair and the wall of the follicle. The inflammatory process extends rapidly, until a large area of the bearded portion of the face becomes covered with the disease. The course of the disease is very variable. In some mild cases it may tend to a spontaneous cure, but generally it

becomes chronic and a most annoying affection, particularly when the upper lip is involved. When the suppuration has been profuse the hair bulb is often destroyed and permanent baldness of the affected part is the result. It is a disease of adult males and often attacks the robust, although its worst effects are generally observed among those who are weak or in poor condition. One of the causes of this affection is supposed to be the premature growth of new hairs in the follicles, the follicles being at the time smaller than the hair, giving rise to inflammation of the part and its ensuing unpleasant symptoms. It sometimes comes on as the result of the use of a dull razor, but the most prevalent cause, hence its suggestive name, is the contagion carried from one to another by the use of either razor or brush in the hands of a barber who is not particularly careful as to the cleanliness of the tools he uses on his patrons. My treatment for this most annoying affection is perfectly reliable.

---

### **Chloasma, or Moth Patches :**

**and**

### **Lentigo, or Freckles.**

Chloasma, or moth patches, and freckles are names that have been applied to all brownish or yellowish brown discolorations of the skin, by whatever cause produced. Freckles include those deposits which are the results of external causes, as, for instance, result of



scratching or itching affections, or the stains which sometimes follow the application of a blister, or, lastly, the discoloration of the skin, commonly known as tanning, due to exposure to the weather.

Chloasma, however, is in some cases different, and is due to an internal cause, the most important being from uterine derangements. This affection appears as a brownish discoloration of the forehead, temples or cheeks, as a result of pregnancy or uterine disorder. It may be limited in extent and not very prominent in color, or it may show itself very extensively and with very dark hue. The stains are supposed to be of uterine origin, inasmuch as they seldom appear before puberty.

Iron being the only darkening constituent of the human body, and those brown spots, so conspicuously disagreeable, are sometimes the result of this element becoming incorporated in the external tissues of the skin, because of an inability of the cuticle to exude it through the pores, therefore it is advisable that persons who are afflicted with those brown discolorations should avoid the use of iron in any form, because, as it is their origin in some cases, it certainly would tend to increase them.

Freckles or moth are very annoying to ladies of light complexion, for the discolored spots show more plainly on the face of a blonde than of a brunette, but they greatly mar the beauty of either, and any preparation that will effectually remove them without injuring the texture or color of the skin is certainly a desideratum. These morbid secretions are both removed in the same manner, with an outward applica-

tion, which opens the pores and exudes these secretions through the skin, whatever was the cause of their production.

My long experience as a practical Dermatologist has given me a thorough acquaintance with cutaneous disorders, and has thus qualified me to attempt the control of this obstinate affliction.

See last two pages.

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## CHAPTER V.

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### **Warts; Naevi, or Moles; Distinct Red Veins; Powder Marks.**

#### **Molluscum and Follicular Elevations.**

Warts are new formations, resembling in structure the ordinary papillæ of the skin. They consist of a basis of rich connective tissue supporting blood-vessels which terminate in a single capillary loop or blood-vessel, from which they derive their nourishment; the whole is enveloped in a covering called epithelium. This is often very abundant, and the superficial layers are hard and stratified, forming a dense, firm covering.

They chiefly attack the hands and particularly the fingers, and sometimes the feet; when they appear on the feet they are very troublesome. The papular-eruption, properly called soft or string warts, is an affection quite distinct from true warts. They appear on the face, scalp, eyelids, neck, back, and, in fact, all parts of the body.

Moles—using the word in the broad sense, to include small spots of discolored skin and small tumors with pigment, with or without unnatural growth of hair or skin glands—are very common; few people are without one or more upon the surface of the body.

and many have them in numbers. When they appear on the face they cause great disfigurement. They are generally harmless and are often inherited. They are also caused from pimples that have been picked or irritated in any way. They often appear in small spots, not as large as the head of a pin, and gradually enlarge from year to year. Moles and warts are both removed in the same manner, without cutting or even breaking the skin and without leaving scars, by an application of anæsthetic nature, which, when applied, penetrates and dessicates or dries them up without breaking the skin, thus transforming them into an incrustation or scab; this, in a few days, falls off of its own accord, the disfigurements being eradicated without harm or pain.

Small, distinct red veins which appear so prominently at the sides of the nose and on the cheeks of middle-aged people, causing in some cases great disfigurement, are removed in the same manner as moles.

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### **Powder Marks.**

Of all the different disfigurements of the face, there is hardly one possessing more disfiguring qualifications than powder marks. They are occasioned by explosion, the grains of powder becoming firmly and deeply imbedded in the deeper layers of tissue, making it most difficult for them to be eradicated without resorting to a most painful surgical operation. Even in that case the scar resulting from the operation is often-

times as bad as the original mark. Powder marks are very easy to distinguish, because the color of powder is a blue black and when it becomes imbedded in the skin by explosion it assumes just a slightly lighter shade, somewhat resembling the blue of India ink. The marks when situated in the upper portion of the face and about the eyes give to the face a most brutish expression. Patients so suffering try every means in their power or that their friends can suggest to disguise the disfigurement, but generally with ill-success. They are perfectly removed the same as Moles.

There are some cases, however, where the spots are thickly confined about the eyes, that will require a personal examination and treatment. Price for personal treatment cannot be definitely stated without seeing the case.

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### **Molluscum and Follicular Elevations.**

This affliction arises from the sebaceous follicles. They appear on the face and neck and are round, prominent tubercles of various sizes, from that of a large pin's head to that of a small bean. They are hard, smooth, shiny on their surface, with a slight degree of transparency and nearly of the color of the skin. The progress of their growth is very slow, but gradually increases from year to year, sometimes attaining such a size that they become real deformities and disfigure the face to an alarming extent. When they appear it is always advisable to attend to them as soon as possible



as better results are obtained than when they assume a larger size. As follicular elevations I designate those whitish globular elevations, generally of the size of a pin's head, formed by the sebaceous follicles, full of an unctuous, whitish, solid matter. These follicular elevations are most commonly encountered on the eyelids and face generally. They are often associated with inflammation of the follicles. Among children from seven to ten years old, also middle-aged people, they are frequently seen about the chin and over the cheeks. They rarely occur among the aged.

See last two pages.

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## CHAPTER VI.

### **Birth Marks.**

Birth marks, when found upon the face, neck or hands, are unsightly disfigurements, which cause great mortification and annoyance to the unfortunate person having them. Birth marks, as their name implies, are always congenital and are caused by an extravasation of blood between the external and middle layers of tissue.

Just how the extravasation takes place is not quite clear. That the influence of the mind of the mother of a person possessing such a mark might have something to do with it would seem reasonable from the various fanciful shapes they sometimes assume. It is more probable though that the little one meets with some injury during its Uterine life, that, though too slight to do damage to this life, yet it is still sufficiently grave as to act upon the delicate layers of skin and so cause a slight hemorrhage which is carried between the layers of tissue and there congeals and forms the red and unsightly marks designated as Birth Marks. Most of these marks are susceptible of removal, but sometimes the discoloration is so deeply seated, that whereas they cannot be perfectly removed, they can be treated in such a manner as to greatly lessen the amount of disfigurement. They are always the occasion of great anxiety on the part of every parent taking interest in the future welfare of their offspring so afflicted, and it is to them that I particularly direct my remarks. When these marks are elevated above the surrounding tissue, no matter how great a space they may cover, or how long they may have existed, an almost perfect result may be obtained without any injury whatever to the patient.

The tendency of some of them to rapidly increase by spreading should teach the person affected to give speedy attention to their removal—to say nothing of the disfiguring appearance they cause—the possessor being a mark for every eye when they appear in public. This causes a life-long trouble, equal to deformity, and many lives have thereby been saddened.

If there were no remedy for these unsightly marks

it would indeed be a great affliction, but I would say to all suffering from this trouble, unless in a very aggravated case, they can be wholly relieved from their disfigurements.

I have, in the course of my practice, treated many large marks upon the face with the best success. They were of various shapes, some of animals, others of fruits, such as cranberries, strawberries, and the like. Some of them were raised from the surface of the skin. All of these were effectually removed without pain or harm to the patient, and without cutting. The operation is performed in about twenty minutes by penetration ; the mark is deadened or transformed into a dead substance and comes off the same as any other scab, in about ten days after the operation.

Children having these marks can be brought here for operation as soon as they are old enough to keep from meddling with the scab after the operation is performed, say from seven to ten years of age. The marks will not increase in size very much before the child reaches that age. Price of operation cannot be definitely stated without seeing case.

For patients having these marks and living at a distance, who are unable to come here for treatment, we prepare a remedy called *Dermaform*, which can be used by their family physician, to whom full and detailed instructions will be sent.

## CHAPTER VII

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### **Scars, Pock-marks and Untimely Wrinkles.**

Scars and pock-marks are caused either by accident or disease. They are marks left after repair or healing has taken place. When there is a rupture or break in the skin, either from external or internal causes, as a cut or burn or from pimples in the first, or an abscess or pustule in the second place, and the wound has been properly cleaned of blood, dirt or matter, as the case may be, nature instantly begins to repair or heal the injury sustained. If we closely examine we will see, after a few hours, a peculiar grayish-white film ; this, after a short time, becomes toughened and more vascular, as is indicated by the redness seen, the surfaces are more even and the wound secretes a yellowish fluid. The wound is now said to be cleaning ; after the lapse of one day or more, the surface becomes covered with a number of little red points, varying in size from a millet to a hemp seed ; these are called granulation cells. The secretion of the wound is now of a thick, creamy yellow character, called pus or matter. Each granulation point has a blood-vessel, which gives forth a rich material for the repair of the wound ; when the granulations have reached the level of the skin, a dry red band of newly formed tissue will be seen, which, on its outer border, assumes a bluish-white color

where it comes in contact with the sound skin. The band is the new skin forming ; it is caused by the gradual growth of the skin from the margin of the sound skin toward the centre of the sore. This is called cicatrization, or forming the scar. The scar is red at first ; it subsequently becomes paler, and, as year after year passes, it contracts and hardens, becoming firmer and harder as time passes.

All forms of scars can be removed, without doubt. Those resulting from burns where there is great destruction of tissue show best results from treatment. Pittings from Small Pox or Pock-Marks are sometimes so numerous and their bases so deep as to occasion most frightful disfigurement, and patients so affected have formerly sought in vain for some means to partially, at least, disguise the unsightly appearance. They can be perfectly removed. It takes a little time and patience ; but the results are so satisfactory that the time will not be begrudged. No matter how long the scar has existed nor how hard the tissues may have become a quick result will always be obtained. My treatment is in shape of a penetrating oil which, combined with gentle manipulation or friction, penetrates, breaks up and softens the firm tissue which forms the scar. By this method I have succeeded in starting the circulation and removing scars, even those of long standing, without producing any soreness or any inconvenience to the patient, excepting about ten minutes' time each day during the treatment. I sincerely urge this treatment for patients having scars of any kind, as they will be surprised at the improvement after one month's treatment. By using the Facial Instrument in connection with the above a quicker result can be obtained.



### **Wrinkles.**

Premature old age is indicated by the wrinkles under the eyes and on the face ; they induce withered, faded or sallow appearance, which destroys the natural complexional freshness so characteristic with the young and middle-aged ladies of America. These unmistakable signs of old age depend chiefly on the attenuation of the cutis, or true skin, and the reduction in the bulk of the underlying surfacial portions of the body. They cannot be regarded as a disease of the skin, but are the results of anxiety, study, bad health, etc. Old age comes to all rapidly enough, and I do not think there are any of us but that watch its approach with a feeling of foreboding or impending evil that we try in vain to repress. The Book of Books has told us that the allotted time of our existence is three-score years and ten, and it is our duty so to live that we may fulfill the conditions imposed upon us during that space of time. We are all aware that as old age approaches, the skin begins to assume a wrinkled or shriveled appearance. This usually begins about the 50th year of life. If it begins at about the 25th or 30th year it is a badge of premature old age and should excite more or less apprehension in the mind of every one so afflicted. That untimely wrinkles can be removed is a fact beyond dispute, and I consider it the duty of every one to make use of the means at hand for so doing. They are treated in a similar manner to scars, and with the most perfect success. This treatment, combined with the Facial Instrument, accomplishes the desired result in a much shorter space of time.

## CHAPTER V̄III.

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### **Facial Development.**

The human face is distinguished by its delicacy and beauty, and the numerous tints which it is capable of exhibiting. More than all, it is marked by the variety of its expressions, and the faithfulness with which it is capable of revealing the emotions of the mind. The beauty of the face depends chiefly on all its several features being pleasingly mounted and in perfect keeping with each other ; without this proportion between the individual features, the most delicate complexion, the brightest eyes, the softest cheeks, the most finely-moulded mouth and the ruddiest lips may fail to charm. It is this excellence of proportion that constitutes one of the chief elements of personal beauty.

Expression, as associated with personal beauty, is the representation of the various passions of the mind in the features, and has justly been called the "spiritual part of beauty." Handsome features are admitted to be correctly chiseled, and plain features to be irregular, but the character of both is changed by expression. The several component parts of the human body are separately susceptible of beauty, but it is only when the whole or chief of them possess a certain degree of excellence

and the remainder do not, that personal beauty of a high order is developed. Without proportion of parts beauty cannot exist. The effect which beauty exercises on the mind, particularly when associated with expression, illumined with moral excellence and intelligence—those holy lights which burn within—is almost wonderful. Its influence is as extensive as our race. Nor is this influence peculiar to the human species ; it extends in a diminished degree to the whole animal world. It is probable that fully one-half of the friendships and affections of life are attributable to beauty. The noble and more spiritual passions and aspirations and pleasures of the human soul, and even intellect and moral worth are unfolded and promoted by its presence.

Personal beauty, in all its delicate gradations, offers a more extensive field for the exercise and gratification of taste than all the other departments of nature, but the resulting variety and diversity belong more to the modifying influence of expression in the individual possessing it, and the quality of mind of the observer, than to its permanent form.

The chin is a feature on which little need be said. It has been remarked that “it is grievous to allow a beautiful chin to be covered by the beard.” Perhaps it is so, but this must depend on the taste of its happy possessor. The defects of an ill-formed or ungraceful chin may be remedied. A weak chin, or one too hard or angular-looking, or one too small or too long and pointed for good proportions will seriously mar the looks of a face, as there is as much character indicated by the chin as by the nose, eyes or mouth. If you would have an intellectual face, you need a rather prominent chin.

a receding one often denotes lack of mental force. The New Facial Instrument for hollow or sunken cheeks, defective chin, scars, pitting, wrinkles, neck, arms, chest, and in fact for developing all fleshy parts of the body, has no equal. Its simple but scientific treatment for development, combined with manipulation, has met with most remarkable success, and it has since its introduction received the highest endorsement from those who have personally become familiar with its merits. It is used by physicians in restoring withered limbs to their natural size. The instrument is composed of rubber and glass, which when applied, places the parts under a complete circulation for a time, and through its operation from day to day naturally brings sufficient stimulus to the aid of nature to complete its work. The principle involved in this process is similar to that in the use of the dumb bells and rowing machine. It nourishes, stimulates and strengthens the parts. It is nature's assistant, perfectly simple and safe to use, easily adjustable to all fleshy parts of the body, and should be on the toilet table of every lady and gentleman.

A compound for manipulating the parts accompanies each instrument with full directions and advice.

See last two pages.

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**Sticks, 25 cents each.**

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## CHAPTER IX.

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### **Shaping the Nose and Ears.**

How few have that excellent feature, a good-shaped nose. As it is such an important feature, I propose to devote this article to its discussion.

As few of us can have a perfect member, it will be of interest to us to know how we can obtain an improvement.

We are all familiar with the eight types of noses, namely: the bulbous, the parrot-beak, the Roman, the angular, the mixed, the broken, the snub and the Grecian.

One may meet one or all of these types by strolling down any crowded thoroughfare. Some of these are repulsive to look upon, and one quickly glances away; but each kind gives a determining character to the face.

Many a good-looking face is spoiled by the shape of a nose. We often hear the remark that such a person would be good-looking if possessed of a good shaped nose. But many falsely believe this defect is beyond remedy, and will smile skeptically at the mention of changing the shape of one's nose. "If it were any other feature, or the complexion, or hair," they say, "of course it could easily be done; but the nose—why it is out of the question;" and they still live with an ugly nose, to be

a constant source of annoyance. This is all very foolish, if one stops for a moment to consider, and it will seem most reasonable that the nose, composed as it is, of cartilage, that few things are easier than to give it direction of shape. It may be made by gentle, continuous pressure, broad or thin, pointed or arched. An attempt is sometimes made by mothers to pinch their children's noses into good form, but, from want of regular or constant application, their efforts seldom succeed. What is wanted is a frequent or even continuous modified pressure and a suitable adjustment of some appliance by which the protruding parts of the cartilage may be gently forced into evenness and symmetry.

We know only too well how quickly even bones yield to pressure, and are forced from their natural position, the joints of the toes being a common illustration..

The Chinese, admiring, as they do, a broad nose, quickly change theirs to the kind they consider desirable.

The Hottentots pride themselves on having long heads, which they manage to obtain not by hard studying or close application, but by means of the pressure of the head in infancy, which is surrounded by pieces of board. In this way they direct its growth, and the result is satisfactory. These results were obtained by the rudest appliances; but the little contrivance we are recommending is made upon scientific principles, effecting its object in a very short time, as the soft, tractable cartilage of the nose is much easier acted upon than is bone, taking quickly the shape that is desired.

More than one instrument has been constructed for



the proper formation of the nose, with more or less success. The principal thing in these contrivances, of course, must be to be able to adjust the instrument in such a way as to give pressure in certain parts, but in those parts only. For instance, if the nose be thin at the point and large at the base, the pressure must not be at the tip, but at the base of the nose. And the difficulty has been in so contriving an appliance that it might be set at any gauge, and kept at that until the object for which it has been used is obtained. This difficulty is now overcome, and we are making neat instruments that can be used without a troublesome pressure, and that will effect the object desired in a remarkably short time.

An hour during the day or night is sufficient for the wearing of these appliances.

Our urgent desire is that all persons unfortunate in having an unsymmetrical nose should at once use our appliance, and thus quickly remedy the greatest imperfection from which the face can suffer.

Patients ordering this apparatus will please describe their case and send the outlines of the nose drawn on paper, or a photograph.

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### **Shaping Ears.**

Few people are aware how important a part the ear plays in the beauty of the face.

The French, with their quick perception, quickly notice this ; and a beautiful ear is not the least of a fair lady's charms, with them. If we are not equally quick

to detect this, we do not fail to observe a misshaped ear. Many a face is marred by what is commonly called lop or projecting ears. In many cases this is caused by men wearing their caps pulled down so as to press upon the ears, these being very elastic or pliable, rapidly change their form and begin to project from the head, and if this pressure continues any length of time it soon bends the ear. This may often be observed in females, having been caused by the practice of placing the hair behind the ears in childhood. Many other cases are inherited. The disfigurement is remedied by a mechanical appliance holding the ears in their proper shape. It is worn at night without inconvenience or pain, and will soon bring the ears to their natural position.

Can be worn by the smallest child, as they are made to fit any person's ears.

See last two pages.

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## CHAPTER X.

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### **Nervous Diseases; Exhausted Nervous Vitality; Genito Urinary Diseases; The Kidneys; The Liver.**

Diseases of the nervous system are without doubt the most common of all affections at the present day. Nervousness and exhausted nervous vitality are frequent and distressing diseases, and not only affect all classes, but are confined to no particular age, the young, middle-aged and old being alike subject to their depressing influence

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### **Nervous Diseases Amongst Women.**

#### HOW THEY AFFECT PATIENTS.

Women are peculiarly susceptible to nervous disorders, which is owing partly to their more delicate nervous organization, and partly to their sedentary life and consequent confinement indoors. Such affections are attended by restlessness and nervous excitement, an

anxiety or depression of the mind, loss of interest in society and the daily affairs of life. There will be a tired, languid feeling, with a sense of exhaustion upon waking in the morning. The patient tires easily, having little power of endurance; there is often a bad taste in the mouth, with a faintness or sinking at the stomach; there will be loss of appetite, or it will become variable, and digestion will be impaired. The patient gradually becomes nervous, restless and irritable, and there is often more or less loss of sleep, with prostration, instead of recuperation, from the night's rest. These symptoms will, in many cases, be attended by pain in the side, back or abdomen, and the nervousness and sense of weakness will become more and more marked, until the sufferer declares that she is tired all the time, every movement or exertion being an effort. These are dangerous symptoms, and should be attended to immediately by the sufferer in order to prevent complete prostration and breaking down, which will inevitably follow if the disease is neglected.

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### **Nervous Diseases of Men.**

SOMETHING MEN WILL DO WELL TO PONDER OVER.

Nervous diseases are fully as prevalent among men as among women. Many a man who had formerly supposed himself possessed of a powerful physique and strong and steady nerves wonders at his feeling of exhaustion, lassitude and lack of inclination for physical and mental exertion. Where before he had a feeling of strong and

vigorous physical and nerve power, always ready for any mental or physical work, he now has only a sense of weakness, languor and dullness. This is often especially noticeable in the morning; every movement is an exertion for a time, and it is only after some time, when the machinery of the system gets warmed to work, so to speak, that the feeling of exhaustion gradually wears away. When night comes and the day's work is over the same tired and enervated sensations return, and the night's sleep, which should refresh the system and restore strength and vigor to the nerves and muscles, often leaves the person in the morning more tired and exhausted than on retiring.

Business men, whose prosperity depends upon their clearness of brain and mind, find their mental

### **Strength Impaired**

and their endurance and power to work diminished. Professional men, students and clerks, whose brains, being constantly active, require a more than ordinary amount of nerve force, often find their power of thought decreased; where formerly they could endure many consecutive hours of close application of the mind, they now find that the thoughts wander, and there is inability to fix the mind for any length of time upon one subject; together with this there is an extreme nervous and irritable condition, a dull, cloudy sensation, often accompanied by disagreeable feelings in the head and eyes.

As these symptoms increase, there is usually a derangement of the digestive organs. The feeling of languor is increased, with a gradual failing of strength and weakness and pain in the back. There is often a bad taste in the mouth in the morning, accompanied by frequent dizziness. Persons thus affected are often despondent, and suffer from gloom and depression of the mind. The nerves become so weakened after a time that the least excitement or shock will bring on a tremor or trembling, often attended by more or less palpitation of the heart. The patient having these symptoms, or a portion of them, is suffering from

### **Exhausted Nervous Vitality,**

from overwork, brain-tire or those excesses and abuses which will inevitably in time gradually break down the nervous and physical system, unless proper strengthening and invigorating remedies are used to overcome the weakness and re-establish health and strength.

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### **Genito-Urinary Diseases.**

#### **THEIR INFLUENCE ON THE SKIN.**

To the silly fastidiousness which a false state of society has engendered, is due the fact that science has contributed but little to public literature in reference to the diseases of the genito-urinary system and their diastrous influence on the general health. Knowing the prejudices against those who deal with this delicate subject, I have long hesitated in referring to it in this work; but, surrounded as I am with wrecks of humanity, cast away through the influence of excesses and secret vices, I feel



impelled to utter a few words of warning to avert these evils. It is not my purpose to enter into a treatise on the various diseases of the genito-urinary system and their causes and treatment, as troubles of this character invariably require the services of the skilled physician. So complex and varied are they, that a plan of treatment adapted to all cases is impossible. Whatever the nature of the disease may be, their terrible influence on the general health is invariably through the great sympathetic nervous system, with which the organs of generation are so intimately associated. I shall confine myself to a description of the constitutional symptoms which characterize the insidious approach of diseases of this character. They are numerous, and varied according to the temperament of the patient. Sometimes only a little nervous irritability and debility are apparent, while the mental powers gradually lose force and activity; the patient drifts on utterly unconscious of his danger, quickly angered if his ability is questioned. Another will be keenly conscious of his condition, and, noting his failing memory, his powers of concentrating thought waning, bodily and mental energies daily becoming more feeble, lives in a state of terrible mental and physical despair. They become whimsical and hypochondriacal, imagine the approach of all sorts of evils. Every little thing startles them, and they turn from a world of horrors without to a temple of horrors within. If not harassed by these mental hallucinations, other distressing physical symptoms are invariably present, such as dizziness, shortness of breath, sleeplessness, neuralgia, palpitation of the heart, disturbances of digestion, and general nervous depression and physical debility.

Many diseases of the skin are aggravated, and in some instances owe their origin to disorders of the genito-urinary system. This is especially the case in the pustular form of acne, owing to improper nourishment of the skin, resulting from an impoverished condition of the blood, sluggish circulation, and general nervous debility.

Persons afflicted with diseases and derangements of the genito-urinary system cannot be too strongly cautioned against the use of empirical remedies. Treatment, to be successful in this class of diseases, should be especially prepared to meet the requirements of each individual case. All patients living at a distance should state their case, giving a detailed description of symptoms, both local and general, so that a correct diagnosis can be given. All who place themselves under our care can rest assured that our best efforts will be used for their restoration to health. Consultations at office or by letter are strictly confidential.

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### **The Kidneys.**

While the skin and lungs excrete a large amount of the waste fluids of the body in the form of perspiration and vapors exhaled, they would be wholly inadequate to the task without the aid of the kidneys, whose especial function is the elimination of soluble effete matter from the body which is given off by the blood in its circulation through these organs. Any disturbance of the function of the kidney, which may result from various causes, such as a severe strain, overwork of any kind, from cold and exposure, or from disease settling there, is always followed by more or less distressing symptoms,

the whole system becoming poisoned, and various remote troubles, such as rheumatism, weak back, and general nervous and physical debility follow.

In the course of our extensive practice in the treatment of diseases of the skin, in looking for the cause, we have found, in a large percentage of cases, some functional or organic affection of the kidneys, to which, in order to obtain permanent results from our treatment of the skin, we have found it necessary to give our attention.

In this manner numerous cases of all forms of kidney diseases have come under our observation, and hundreds of cases of chronic, long standing disease have been restored to health by our treatment. We desire to mention that we have no cure-all or specific, the treatment being varied to suit the requirements of each individual case after a careful study of the symptoms, and microscopic examination and chemical analysis of the urine. To patients living at a distance a question blank will be sent, which, when filled out and sent with a specimen of urine, will enable us to treat them at home. All who can do so are invited to call at our office, where consultation is free.

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### **The Liver.**

In the maintenance of the animal economy there is no organ in the body which plays a more important part than the liver.

Owing to the complex nature of its functions any disturbance of the same is invariably attended by more or less distressing symptoms, in many cases so far removed from the seat of the trouble as to give rise to much conjecture as to their nature and origin.

The liver is both a secretory and excretory organ. The secretion of bile from the organ while in the intestines plays a most important part in the process of digestion, its peculiar function being the emulsifying of the fatty portions of the food, rendering them capable of absorption. It also possesses certain antiseptic properties serving to prevent the decomposition of food during its sojourn in the intestines. It also promotes an increased secretion from the lining membrane of the intestines, thus acting as a natural purgative, stimulating the intestines to a propulsion of their contents.

From the peculiar manner in which the liver is supplied with most of the blood that flows through it, it is apparent that this organ is excretory, removing all such hydro-carbonaceous matters as may need expulsion, and also serves for the direct purification of the stream of blood which, passing into the liver through the portal vein, has gathered up various impurities in its course through the digestive organs, which need to be expelled immediately after absorption.

It at once becomes apparent to the most superficial observer that any disease of this vital organ, either organic or functional, cannot but exert a serious influence on the general health, and prompt and effective measures should not be delayed whenever symptoms point to disturbances of this class.

The symptoms which characterize disease of the liver are very numerous, and varied according to the nature of the affection. There is usually more or less cough, headache, pain in the right side, increased on pressure; in the right shoulder, more or less severe, which are often mistaken for rheumatic pains; the tongue

is usually moist and covered with a whitish fur ; jaundice may or may not be present ; constipation is almost invariably a close companion of all derangements of the liver. This is due to the fact that when the liver is affected the bile is not properly secreted.

Liver derangements of all sorts, to which numberless troublesome symptoms are due, are usually curable if properly treated.

In the treatment of all obstinate and different liver complaints our first effort should be to ascertain the nature and cause of the disease. If directly due to nervous debility, a course of treatment embracing the use of electricity, in combination with proper internal medication, will yield most gratifying results.

If it is the outcome of chronic inflammation or enlargement of the liver, then treatment must be varied to meet the requirements of each individual case.

Our treatment of diseases of the liver is both rational and scientific ; it goes directly to the seat of the disease, and hundreds of despondent sufferers have been made happy by the relief afforded them.

To those who cannot consult us personally a symptom blank will be sent, that will enable them to thoroughly describe their case, from which we can correctly diagnose the case and prescribe proper treatment.

All desired information regarding terms for treatment will be cheerfully furnished on application.

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**WOODBURY'S FACIAL SOAP.**  
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## CHAPTER XI.

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### **Enlarged Finger Joints; Offensive Breath; Hyperidrosis, or Excessive Perspiration; and the Axilla, or Armplt.**

Rough usage or violent exertion of the hands, whether in work or sport, tends to make them broad thick and coarse, and to produce enlargement and distortion of the joints of the fingers; also rheumatism, rheumatic gout, and the like will produce them. They can be greatly relieved, and frequently wholly cured. Even enlarged finger joints containing the gouty excretions, properly called "chalk stones," will, in general, yield to treatment.

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### **Offensive Breath.**

Scarcely anything is more disagreeable, and in marked cases more disgusting, than *fetid breath*. It is unpleasant to the person who has it, and it renders them unfit for the society of others. The cause of offensive breath may generally be traced to or limited to the mouth or nose, or it may arise from diseased conditions of the respiratory or digestive apparatus. In many cases the secretion from the tonsils is very offensive. My treat-

ment for bad breaths is entirely different from anything heretofore offered for that purpose, and must be tried to be appreciated.

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### **Hyperidrosis, or Excessive Perspiration.**

Hyperidrosis is an affection characterized by the perspiratory glands becoming so abnormally active that the amount of the perspiratory fluid becomes excessive and a source of great annoyance to the patient. We are most of us aware that after undergoing any violent exertion or being exposed to a great degree of heat there is an enormous amount of the fluid called perspiration secreted by the perspiratory glands, and it is perfectly natural, it being nature's manner of equalizing the temperature of the body in such a manner that it shall not be increased by even a single degree above the normal standpoint. We also are aware that in the course of some diseases to which the human frame is liable an excessive amount of perspiration constitutes one of the most unpleasant and annoying symptoms, and usually departs upon the subsidence of the disease. To neither of these forms of Hyperidrosis is it my wish to attract your attention here, but to that form of the affection that arises in a condition of the most perfect health, presumably, and from no apparent exciting cause. Patients frequently suffer from Hyperidrosis of the entire body, but it is generally the hands, feet, and exceptionally the face that suffer most. When the hands are alone affected it constitutes a most annoying and embarrassing affliction not only to the patient, but to those with whom he may be brought into contact socially. It is almost impossible for such a



patient to wear kid gloves without their being almost immediately soaked through as though they had been dipped in water, so great and rapid is the secretion of the perspiratory fluid. And there are instances where persons who have employment on certain kinds of metallic goods, or fabrics of a delicate texture, have been obliged to relinquish their employment entirely from this cause alone. I have known cases of great mental depression to occur as a result of this affection. And let me say that it often happens that the affection becomes greatly aggravated from a patient's own consciousness that it exists. That it is a most annoying affection you may easily perceive from what I have already said, and its tendency is to get worse as time goes on or is left to itself. Hyperidrosis when it is confined to the feet is also a most annoying affection, they being bathed in a profuse perspiration, keeping the stockings perpetually wet, no matter how often they may be changed, and in winter keeping the feet continually cold and damp, being the exciting cause, no doubt, of many cases of severe colds that not infrequently are the forerunners of an attack of pneumonia or pleurisy. It is also sometimes confined to only one side of the body, viz.: one side of the face and head may be bathed in perspiration, while the other will be as dry as normal. In the treatment of this affection the majority of physicians fail to secure good results, because they begin at once the administration of internal medicine which can be of no possible value, as the cause of the trouble is confined to the skin, or rather the perspiratory glands in the skin, and this being so, you can easily see that it is local application alone that we must depend upon to relieve and cure this

most persistent and annoying affection. That it can be cured is a fact that is now beyond dispute. In the milder cases good results may sometimes be obtained from frequently bathing the parts in moderately cold water, but in the severer cases, and they are in the majority, a special treatment must be adopted to heat and dry the skin and restore the disordered glands to their normal condition. In contradistinction to this affection there is another termed Xerosis, in which the quantity of the sebaceous material is so scanty that the skin becomes dry, harsh, inflexible and cracked, as is frequently seen in those who are employed much with soapy materials, or in fact cold water alone—as barkeepers and the like. Whatever the cause, it is a most undesirable state of affairs, and is frequently a most painful condition when the skin cracks and fissures are formed that become raw and excessively sensitive to any external source of irritation. It is most easy to remove and cure this annoying trouble. Patients requiring treatment will please mention the parts affected.

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### **The Armpit.**

The armpit or “axilla” may be referred to here on account of the common practice among young ladies of wearing pieces of oil-skin, oiled silk, thin sheet gutta-percha, or India rubber and the like, inside their dress over the part, under the name of “dress protector.” This practice cannot be too strongly reprobated, since the axilla is full of important blood-vessels, nerves, glands, etc., and should not be subjected to undue heat, a close atmosphere or pressure.

It frequently happens that even the most healthy people are afflicted with a most annoying, persistent and embarrassing trouble. I refer to Bromidrosis, or a diseased state of the axillary glands. These glands in their most healthy state secrete a fluid possessed of peculiar properties, and having as well an odor peculiar to itself. Now, when these glands become diseased from any cause, such as those mentioned above, or as the result of some former constitutional trouble, they become sluggish in their action, the secreted fluid is not able to be thrown off in as free and limpid a condition as nature demands; in other words, it is suppressed, decomposition ensues and a most penetrating and disagreeably offensive odor arises continually from the part that cannot be disguised by even the most powerful odors, except temporarily. That this is a most mortifying condition of affairs goes without saying, especially to ladies whose social duties are exacting; but happily it is a condition of affairs that is easily amenable to treatment.

See last two pages.

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**SKIN, SCALP AND COMPLEXION.**

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## CHAPTER XII.

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### **Seborrhœa, or Oily Skin ; Congelatio, or Chilblains ; and Miliaria, or Prickly Heat.**

Seborrhœa is an affection of the skin characterized by an abnormal increase of the sebaceous or lubricating material of the skin, causing it to appear oily or greasy continually. This affection may frequently involve the entire body, but as a rule it is confined to a limited area, being most commonly noticed in ladies, especially on the forehead, nose (generally on the sides of that organ) and about the chin, giving to the face a peculiar, greasy, shiny, unsightly appearance that is still further intensified by the accumulation of various small particles of dust, etc., in the air, so that a person so afflicted is forced to be either washing or wiping the face continually. Ladies troubled with this annoying affection think they have a perfect resort to fly to in the form of some one of the numerous face powders and cosmetics that are so widely distributed, and so they have temporarily; but little do they consider the injury to their complexion and skin that is sure to result from the use of these most pernicious articles of the toilet or I am sure they would never use them. As I have already mentioned in a previous chapter, these so-called skin beautifiers are themselves responsible for the vast majority of

the cases of Acne, or Pimples, and Comedones, or Flesh-worms. In this affection the sebaceous glands are largely at fault, without doubt, as from their sluggish action the sebaceous material is continually accumulating in quantities larger than normal, and oozes sluggishly through the ducts and manifests itself externally in the oily, greasy condition already described, giving to the countenance the unsightly appearance so characteristic of this affection. To ladies whose social duties are great it is an especially annoying affection, and one that they try every means in their power to get rid of, but without success. Why is this? Simply because the methods they employ are not directed to the removal of the *cause* of the trouble, and in the great majority of cases only serve to increase the trouble, and at the same time act as an exciting cause for some new difficulty. As the sebaceous glands are at fault in this affection, and their accompanying ducts, it is to them that we must direct our attention if we wish to secure satisfactory results. If this is borne in mind carefully, this affection can always be most successfully treated by the selection of such remedies as shall exercise a gently stimulating and toning influence on the sebaceous glands.

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### **Chilblains.**

Chilblains are those well-known inflammatory swellings, of a color more or less leaden-purple, produced by the action of cold. They extensively attack the extremities of the body, and are generally confined to the fingers, toes and heels. Itching, irritation and tenderness, often accompanied with shooting pains and tume-

faction, are the common symptoms. Children, particularly those of weakly or scrofulous habit, and elderly persons are generally the most liable to them ; but they occur frequently among all persons who have thin skin, also those to whom the circulation in the extremities is languid. One of the most common causes of them is holding the hands or feet to the fire after they have been exposed to the cold ; any sudden change of temperature, under such circumstances, especially from cold to heat, should be carefully avoided, as the action of the minute superficial blood-vessels is thereby more or less arrested, and their vitality in many cases partially destroyed. It sometimes happens that a very severe inflammation of the superficial portions of the skin results from a too rapid thawing of parts that have been exposed to a great degree of cold, this often resulting in the formation of ulcers of various depths that are very remarkable for their slow tendency to heal. These ulcerations are generally preceded by large blisters, or bullæ, as they are technically termed. If left to themselves, or treated by the usual home remedies, they often become very troublesome affections, and I have known cases to last many months before they have got entirely well. Ordinary chilblains are, as a rule, very easy to get rid of, but the intense itching is frequently most persistent, and is the occasion of much agony to the patient suffering from the ulcerative condition already mentioned. Patients should not temporize with this state at all, but should undergo a course of effective treatment as early as practicable. The first event in every case of frosting consists in the continued contraction of the superficial vessels, followed by a gradual dilatation of the same, and it must be our aim

in treatment to employ such remedies as shall regulate as far as possible, and as consistent with the health of the part as may be, this gradual dilation.

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### **Miliaria, or Prickly Heat.**

Miliaria, or Prickly Heat, is an affection of the skin characterized by the appearance of a fine eruption somewhat elevated above the surrounding tissue, of a bright red color at the base and body and white at the apex, caused by the presence of a drop of the watery portion of the blood. It may occur at any time of the year, but is most commonly met with during the heated term. It is not an affection of very great gravity, as a rule, but at times it is very annoying to a patient. The surface of the body seems to be the selected site, generally speaking, but it not infrequently attacks the face and neck, and in these latter situations it is especially annoying and uncomfortable. Persons of a light complexion and very thin skin are more subject to this affection than those of an opposite complexion, and it is a fact worthy of notice, that a patient who has once experienced an attack of this trouble seems to be specially liable to succeeding attacks. The eruption is almost invariably accompanied by a most disagreeable sensation of stinging or pricking of the skin, which has been the origin of the term Prickly Heat, the amount of perspiration secreted during an attack being in many cases excessive, so much so, in fact, that this alone constitutes one of the most unpleasant symptoms of the complaint. Violent exercise, too much clothing, loss of vitality from any cause, and over-indulgence in stimulating articles of diet are, in the great majority



of cases, the causes of this affection, but excessively hot weather or excessive heat from any cause long continued is undoubtedly the most common cause, exciting as it does a great determination of blood to the surface of the body, and thus causing an active congestion of the skin, that gives rise to the eruption. In the rational treatment of this affection, we must keep constantly in mind that as it is the skin that is the seat of the congestion, we must direct our efforts entirely to the relieving of the skin from this undue amount of congestion. Ladies with a fine, sensitive skin are the ones who suffer most severely from the trouble, and, appearing as it does quite frequently on the face and neck, it gives to the one so suffering a most unsightly appearance. The exciting causes should be most carefully avoided, and in extreme hot weather a proper attention to hygienic measures, combined with a course of judicious treatment of the skin will invariably bring about a satisfactory result.

See last two pages.

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Sticks, 25 cents each.

Barbers' Bars, 15 cents ; two for 25 cents.

AT DRUGGISTS OR BY MAIL.

## CHAPTER XIII.

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### **Urticaria, or Nettle Rash, and Antiseptic Toilet Soap.**

Nettle Rash is an eruptive affection of the skin, characterized by the sudden appearance of elevations called hives, which are most difficult to be accounted for. They may remain for but a brief time, causing the patient more or less discomfort during this time, or they may exist for a longer period. The tendency of this persistent affection is, generally speaking, to increase until it assumes a chronic form, and then it is a most obstinate and annoying affection and causes the lives of the patients so afflicted to be most miserable. The hives are elevations of a solid character, attended always with more or less inflammation. They are generally of a white or pinkish white color and surrounded with a portion of surface more red than normal. A very fair idea of the appearance of the eruption may be obtained by regarding closely the elevations caused by striking the skin pretty sharply with a thin switch or cane. As a rule, they are oval in shape and vary greatly in size, from that of a three-cent piece to a dollar, or even larger. In a mild attack the eruption is generally limited to a small extent of space and is also small in character, but in a severe, acute attack it generally invades the greater portion of the body and is larger in size. In a mild attack, where the eruption is limited, the amount of discomfort to the patient is not

very great, and eventually it disappears almost as suddenly as it came. If this were the history of all cases of the disease there would be no need of a description of it ; but unfortunately it is not. A patient will most frequently be attacked by this disease without any previous warning and from no apparent cause. The first symptom noticed will be the appearance of the characteristic oval or oblong elevations, and these will be accompanied by more or less itching. At first the itching is fairly mild, but it very soon assumes a more active character and becomes most intense, so that the patient is compelled to indulge in the most persistent and severe scratching to get any relief whatever from this agonizing annoyance. If the disease continues for any length of time the symptoms increase in severity, the eruption becoming more general, and the surface of the skin becoming greatly excoriated and sore from the constant and severe scratching. At night the unhappy individual experiences absolute torture from the presence of the warm bed-clothing, often being compelled to get up and walk about the room, so great is the irritation of the skin. Insomnia, or inability to sleep, when nature most requires it, is one of the most distressing symptoms accompanying this disease. I have known patients to be driven almost beside themselves from this cause and the itching together. Accompanying the eruption there is always a burning or stinging sensation that is most annoying to the patient. It generally exists alone, but it may accompany some other form of skin disease. There is an important point that I must mention in this connection. The eruption is always favored by a most peculiar and intense irritability of the skin, which is the result of reflex nervous irritation, and the exciting cause

elevations attended with itching. For then we may hope to often succeed in cutting short an attack before it becomes chronic, or before the surface of the skin of the affected parts has become excoriated and sore. Let it be borne in mind, if you please, that the chronic form, even where the excoriation of the surface is extensive. is very readily amenable to a judicious and accurate method of treatment.

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### **To Consultants.**

Patients living at a distance who desire to avail themselves of our services need not hesitate because of their inability to visit us personally.

We have treated successfully patients in all the states and territories as well as in all parts of the civilized world. On application we will send a question blank which, when carefully filled out, enables us to judge correctly your disease and temperament. Those who wish to indemnify us for our time and trouble can enclose a fee of One dollar; those who do not may simply enclose stamps to prepay a reply. Those who are disposed to employ us may rest assured of one thing, and that is that we will not hazard the reputation gained at the expense of years of study and toil, by giving unwarranted encouragement or an uncandid diagnosis.

We especially invite correspondence with those who have failed to find relief under other treatment.

**Woodbury's Antiseptic Toilet Soap.**

It is many years since the value of soap as a medium for the application of remedies to diseases of the skin first suggested itself to me. The idea of utilizing this essential of the toilet as a *preventive of disease* is of more recent origin.

To prepare a soap that should not only fulfill every requirement for toilet use, and at the same time not only possess valuable medicinal properties, but also contain an antiseptic, harmless, yet sufficiently powerful to destroy disease germs, was no easy task, and it was only after many trials and disappointments that my efforts have been rewarded with the most brilliant success.

Cleanliness is essential to health. While soap and water accomplish this, they *do not* prevent the inception of diseases by local infection.

Woodbury's Facial Soap is the product of long years of study and experience in the treatment of diseases of the skin. As an adjunct to the toilet it represents the highest standard of perfection. While it has remarkable medicinal properties in all morbid conditions of the skin and scalp, its most valuable property, however, is *as a preventive of disease*, not only of the skin, but of all diseases of a contagious nature. The germs so fatal to human life, and productive of so much loathsome disfigurement, are rendered absolutely innocuous and harmless where this soap is used. Barber's itch and other parasitic diseases to which one is exposed in shaving, are absolutely impossible. For this reason its use in hotels, barber-shops and all public buildings is recommended, the dangers of contagion being reduced to the

minimum. Its use in bathing of children cannot be too highly commended, as its antiseptic properties render it the greatest safeguard against the contagious diseases of childhood, of which thousands perish annually. The best evidence of the merits of this soap is found in the enormous demand that has been created for it in the short time that it has been before the public. Our purpose here has been to call especial attention to its medicinal virtues and as a preventive. I also desire to correct the impression existing in many minds that a medicated soap is not intended for toilet purposes. Woodbury's Facial Soap, while possessing remarkable medicinal and antiseptic properties, has no peer as a toilet soap. Its effect on the skin is most delightful, producing no irritation whatever, stimulating it to healthy action, thus enabling it to throw off impurities. It is the grandest soap of all, either for medicinal or toilet purposes.

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## CHAPTER XIV.

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### **Scrofuladerma, or Lupus Superficialis.**

Superficial Lupus generally appears on the most prominent part of the cheek, in the form of a slight circular elevation of the skin, insignificant in size at first, a little inflamed, soft to the touch and, if pressed firmly, rather painful. After a time, perhaps several weeks or even months, it exhibits a thin, brown and hard scab, but it is apparently altered in no other way. Should the scab be removed, the sore would appear superficially ulcerated, the edges seeming to be slightly thickened and presently another scab similar to the first, but firmer, would make its appearance. The sore increases in size very slowly and after an interval of several months the disease appears to have completed its ravages on the spot originally affected, whence the dry scab or crust falls and the sore now being completely healed, the skin presents the white and seamed appearance of the scar produced by a burn. From this starting point the disease advances slowly, though generally from one side only, and, except when irritated by scratching or by applications of an inflammatory nature, preserves its original undemonstrative character. Its track is always marked by the disfiguring white scar, which will remain through life unless effective and intelligent advice be sought for its removal. There is another form of this disease that should always be attended to as soon as it makes its appearance. The circular elevation of the former assumes in this the appearance of a livid or dusky red spot of about the same size or a



trifle larger in circumference, being ostensibly as indolent in this form as the other. This apparent inaction, though, is only too deceptive. Underneath the inoffensive exterior we usually find that consumption of the deeper tissues is going on, the truth being revealed finally by an issue of purulent matter, showing that the parts have been undermined by the process of active inflammation. Now bear in mind, if you please, that at this stage eruptive spots similar in character appear in the vicinity of the original eruption, and it is the rule for them to coalesce or unite, forming one large ulceration which finally heals and leaves a most ugly scar. This form of the disease needs more active treatment than the first to secure good results. Let me say that this disease is generally the result of a scrofulous tendency, and therefore the treatment must always be of a supporting and toning character, so that the blood-vessels may endure the extra work put upon them in the process of healing.

See last two pages.



WOODBURY'S,

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## CHAPTER XV.

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### Development of the Hair.

The hair given us by nature to protect the head, as well as to add to the beauty of mankind, is subject to many diseases. Carelessness, neglect and ignorance of how to preserve this most beautiful ornament of ourselves being, in many cases, the cause. Before we consider these diseases let us study the manner in which nature creates and nourishes this delicate organ. That we may the more readily comprehend and simplify it, we will drop all technical terms and divide (the hair) into root and shaft. The root is that part which is implanted in the skin, and has at its extremity a bulbous enlargement, which is whiter in color and softer in texture than the shaft. This is lodged in a follicular involution of the epidermis, called the hair follicle or bulb. This little follicle or sack is supplied with a blood-vessel and nerve, from which the shaft derives its life, growth and color. Just above the follicle, on either side of the shaft, are two little glands that secrete an oily substance which serves to keep the hair glossy, and prevents dust and other excrementitious matter from forming a crust around the shaft and thus retard its growth. The shaft

you already know, and need, but little explanation ; it is that part which projects from the surface of the skin and is more or less cylindrical in shape, and gradually lessens its calibre to the point, which is of no interest farther than to indicate, by its dividing or splitting, that the shaft has not a proper nourishment for further growth.

The scalp in which these hair follicles are implanted, so to speak, is the same as the skin which covers and protects our whole body. Diseases of the hair are numerous, but I only refer to those that are met with most commonly. The hair may grow too long or too thick. It may be defective in its growth, or may fall off prematurely from various causes, or in the natural course of things, as from old age. It may change its color, too, under a great variety of circumstances, and at nearly every age. It is not very uncommon to find a single lock varying in color from that which surrounds it. Old age, the winter of life, naturally brings the "frosted locks," but they frequently appear also upon the heads of younger persons. Strong mental emotions, such as fear, grief and sorrow, may bring a bleaching of the hair in a brief period, or even suddenly. Byron, in his "Prisoner of Chilon," beautifully refers to this fact.

" My hair is gray, but not with years,  
Nor grew it white  
In a single night

**As men's have grown from sudden fears."**

## **General Management of the Hair.**

Having given as briefly and clearly as possible a general outline of the anatomy and construction of the skin and hair, I will engage the attention of the reader for a brief space by giving my views for the proper management of the hair, both in children and adults, before proceeding to the consideration of those diseases which tend to destroy it. The following directions refer exclusively to the treatment of the hair and its supporting surface in their ordinarily or comparatively healthy state, and though these hints must necessarily be of a general character, it will be found that there are few persons so peculiarly constituted as to need more specific directions.

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### **Children's Hair.**

Though medical writers, in the part of their several works relating to the nursery, are explicit enough with regard to the general physical management of children, it is remarkable that so little is said in regard to the course of treatment proper for the hair and scalp. Now this reticence cannot be the result of indifference to the state of the hair. Nor can I assign any more satisfactory reason for the fact above stated than this. The popular

impression that the scalp is exempt from the operation of those laws of cleanliness which every one admits affect all the rest of the body's surface, is entertained by the learned, or else the latter believe that they have but a choice of evils, the least being to let the scalp alone, while the greater would be to keep that surface thoroughly clean at the expense of constant trouble with the hair. So that the old, bad custom of harsh brushing and combing, and the copious use of oil and grease still constitute the practice of mothers and nurses, with the permission and implied approbation of the family physician. How many of the cases of serious diseases of the scalp in infancy and childhood are directly or indirectly the result of this objectionable mode of treatment it would be impossible to decide, but from the marvellous delicacy of the integuments at that tender age and the great constitutional susceptibility, we cannot but infer that disease of the scalp must have often been produced in this manner, and that in a vast number of other instances the disorder must have been terribly aggravated by the same malign practices. Does any sensible person imagine that the tender and delicate cuticle on the head of a child can be daily raked and harrowed with fine-toothed combs and stiff, bristled brushes, and also inflamed and irritated with violent frictions and stimulating applications? No: every touch affecting so delicate a structure should be soft and soothing, and every application as mild as possible. From the time when the hair first appears the scalp should be kept clean with frequent baths of an infusion of Murillo Bark. It should not be too strong, and may be made with either cold or hot water. If the bark cannot be obtained, a bath may

be substituted, composed of equal quantities of the Aromatic Spirits of Ammonia and Alcohol largely diluted with soft water, pure rain water which has been boiled being best suited for the purpose. The scalp and hair should be thoroughly rinsed and carefully dried with cloths, care being taken to carefully protect the head from cold. Then brushing the hair gently in the direction in which it naturally lies will force from the free ends of the hairs a portion of the sebaceous secretion with which their central parts are filled, and the soft bristles of the brush will diffuse it equally in quantities sufficient for every needful purpose, whether of health or artistic effect. In cases where this sebaceous matter is deficient, whether from delicate health or other constitutional cause, a small quantity of the Tincture of Bayberries may be applied. This will render the hair soft, glossy and flexible. I recommend this tincture with entire confidence, having used it for many years. It is volatile, and contains no gummy or glutinous ingredient to irritate the scalp and permanently obstruct the pores. Whenever, then, the necessity of a softening application is apparent, the Tincture of Bayberries may be used, and should be preferred to any of the compounds before the public, however highly they may be recommended. Let no mother or nurse commit the senseless and tasteless error of endeavoring to plaster down the little one's hair, and resorting to some fatty unguent to accomplish this foolish end. Everything pertaining to a child should be as free and unconventional as its own nature. The ends of the hair should be clipped once in about every four or six weeks to further the escape of the oil contained in each strand of hair. If this is not done the hair is very

apt to become harsh and dry, and then the only remedy is a resort to some one of the vile compounds already spoken of. A fine, healthy growth of hair upon the head of a child is not so common a thing as might be supposed. Protracted observation would, in at least one-half the cases, discover some predisposition to a destructive disease of the scalp, if not its actual presence, in at least its incipient stages. This consideration alone should urge the necessity of following the advice given in this chapter. Scarcely any other care will be so gratefully remembered in after-life as that bestowed upon the condition of the hair in the early years of life. Remember, please, how rare it is to see a splendid head of hair and how very common is baldness. Hardly any other defect is so keenly felt, especially by ladies. No art can perfectly conceal it, and art is generally impotent to restore that which has been so unfortunately lost.

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### **Hair of Adults.**

I have little to add to the foregoing as peculiarly applicable to grown people, since much that has been said of children's hair applies equally well to that of grown people. From youth to age the same strict attention to absolute cleanliness of the scalp should be adhered to. At no time of life does that part of the body's surface lose its tenderness or its peculiar susceptibility to functional or structural disorder. Indeed, modern habits of life are commonly so unfavorable to the healthful performance of the bodily functions, that when these habits have been long indulged a chronic disorder of some part



of the system cannot be thought a strange occurrence, as is amply proven by well-known facts. This precarious tenure upon the elements of vigorous functional life is held particularly by the scalp, which, to add to the trouble, is generally overworked and otherwise abused. In view of these considerations, it is plain that attention to the scalp on the part of grown persons can hardly be amiss and may often be abundantly rewarded. It may be observed at the outset that various conditions of the hair and scalp, referring often to simple mechanical obstruction of the pores or to the immediate consequences of over-stimulation or other ill-treatment, sometimes indicate more serious difficulties, as will be apparent from a perusal of the chapter on debilitation of the cuticle. Here a cleansing of the scalp will not alone suffice to remove the unpleasant symptoms. This condition will require a special treatment. The conditions alluded to are, briefly, irritation—indicated by a constant itching of the scalp, more or less severe—a moist exudation from the surface, dandruff and scurfy accumulations, a faded and lifeless appearance of the hair and a falling out of the same. In the treatment of these or any other conditions, causing a loss of hair, there is but one rational plan to be observed. First, discover the cause of the difficulty and then remove it. By this means alone can we ever hope to be successful in accomplishing the desired result. Cleanliness, and I mean absolute cleanliness when I say this, must be observed under all circumstances. In point of fact, it is necessary to cleanse the head just as often as the other portions of the body. I could never understand why the great majority of persons pay so little attention to this important

point. Even the most fastidious in regard to their personal habits of neatness are often most lax in this. And now a word on another point. Those who will use pomades, lotions and other preparations for the hair should exercise great care in seeing that the ingredients composing them are not capable of lasting injury, not alone to the part to which they are applied, but to the constitution itself. Many of them contain lead and silver. These poisonous substances, being absorbed by the tissues and acting violently upon the nerves, have not infrequently occasioned some form of paralysis, now of the optic nerve, occasioning loss of sight, again of the auditory nerve, causing deafness, and sometimes even a general paralysis of the whole nervous system. After what has been said of the structure of the hair, in the first chapter of this little work, and the exceeding delicacy of the producing surface, it would seem almost superfluous to remind any one, especially ladies, that twisting or binding the hair firmly or inducing a protracted tension in any portion of it—particularly next the head—must necessarily be an injurious practice. And yet most ladies—so devoted are they to the fickle freaks of fashion—resort to most of these reprehensible practices, to the detriment of their hair, which in many cases is their crowning beauty. That this is not idle talk is amply proven by the indisputable fact, that in the last fifty years particularly, it is the exception, rather than the rule, to observe a perfect head of hair. The result of an upward strain, long continued and constantly felt by the roots of the hair, would be the loosening of their hold upon the tract whence the sustenance of the hair is drawn, and a consequent diminution of the

quantity of nourishment to which it has before been accustomed. Besides, a persistent mechanical pressure on the shaft of a hair by obstructing the flow of the oleaginous substances before referred to, tends to render dry those portions beyond the ligature, thus occasioning a noticeable variety in shade and texture, sadly at variance with the requirements of the toilet. The freer the style, and the more loose, of dressing the hair, the better. Just a word more on a point commonly not well understood, and I have done with this part of my subject. There are many who fancy that it is necessary to comb the hair back from the forehead to prevent its growing too low down, overgrowing the seat of intellect, and thus reduce the unhappy individual to the condition (capillary) of the gorilla. To say nothing of the absurd mania for a high forehead—certainly not an element of beauty in women—it is absolutely true that the comb and brush can have no effect whatever in preventing the growth of a single hair. A glance at the mode of its production should convince any reasonable person that as the hair follicles are a part of the original structure of the skin, and not an afterthought, hair cannot be produced in a part not intended for them, and are never long repressed where Nature has decreed they shall appear.

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## CHAPTER XVI.

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**Alopecia, or Falling of the Hair;**

**and**

**Debilitation of the Cuticle.**

Those who possess the advantages appertaining to good, general health, vigorous circulation and cleanly habits are not to any appreciable degree liable to diseases

of the scalp. But the number of such is not remarkably large. Thus, there are many who, although they fulfill the two conditions first named, must acknowledge that they do not the third. And a large number who are already ill, and are habitually attentive to personal cleanliness, possess but an indolent circulation, a condition which is unfavorable to the perfect health of the scalp and hair, since the nourishment of the tissues is supplied by the blood, and a deficiency of it occasions constrictions of the perspiratory ducts, the foundation of much mischief, as will presently be shown.

Alopecia is perhaps the most ancient of the numerous terms which have been applied by medical writers to indicate the condition known as baldness. It signifies a general falling out of the hair. There are three or rather four varieties of the affection: Alopecia Calva, Alopecia Areata, Alopecia Vulgaris and Alopecia Senilis. Alopecia Areata and Alopecia Calva are the two varieties to which I wish especially to direct your attention here. Alopecia Areata is that form of the disease or rather affection in which the hair falls out in spots varying in size from a ten-cent piece to that of half or even a dollar. In the other variety the falling out of the hair is general, cases having occurred in which the whole surface of the body has in a few days been deprived of all its hair—eyebrows, eyelashes, etc. The hairs themselves frequently seem diseased in Alopecia; they appear dry, faded, brittle and generally lifeless. When they appear as healthy as before the attack it is reasonable to infer the presence of some disorder of a different character than those producing the contrary effect. Various cutaneous diseases, as a perusal of the following pages will show, are attended

with a shedding of the hair from the parts affected. The loss in some of them being permanent and only temporary in others, according to the violence or the inveteracy of the attack. But these losses are not such as come under the head of Alopecia. For in this affection the falling of the hair is the main or only symptom. It may be occasioned by disease or may result simply from the atrophy of the deeper tissues, the wasting of the tissues in which the hair bulbs are situated necessarily involving a destruction or loss of the hair. Atrophy of the scalp, though a sign of age, may and does occur to some extent to those who are comparatively young. In the latter it is susceptible of cure. It is frequently the result of fevers, owing to the debility and constitutional exhaustion which they occasion. The hair follicles, however, generally remain uninjured and new hair eventually takes the place of the old, with a little judicious treatment. It is very frequently the result, too, of an undue amount of pressure on the head, too great friction to the scalp, and the heat of the sun; but the most frequent cause is undoubtedly the constant application to the head of some one of the vile compounds prepared by patent medicine men under the name of hair restorers. Hair destroyers would be a more appropriate name for them, in my judgment. Alopecia may be preceded or accompanied by a form of disease called Vitiligo. So mild and undemonstrative is it in its effects, that it is often regarded with complete indifference. It might be termed, in fanciful language, a kind of Ghostly Ringworm. It consists in a deficiency or generally a total absence of coloring matter in different localized spots of the hair. It occurs more frequently in dark than light haired persons, and the hair eventually falls

put in the space indicated by the white hair, causing the condition known as Alopecia Areata; although in this affection the hair frequently, or rather most frequently, falls out without any change in the color whatever. A careful *résumé* of the foregoing will serve to convince the reader that any specific or cure-all offered for Alopecia, or falling of the hair, must necessarily fail. Alopecia is really a symptom not of one disease, but many, and it is absolutely necessary for a good result to be arrived at to first ascertain the cause of the loss, and then we may hope to accomplish some good in the way of treatment. As a rule, it is a condition from which we may expect the best possible results, even when it has existed for a considerable length of time and the loss of hair has been pretty extensive.

Patients desiring treatment for Alopecia will please answer the following interrogatories in their order:

How long has the hair been falling?

Did it begin after a fever?

Is there much fine, white, dry Dandruff?

Is the hair very dry?

Is it thin in spots or not?

Is there loss of color of the hair in localized spots?

Do you suffer much from headache?

Debilitation of the Cuticle with suppressed secretion?

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### **Debilitation of the Cuticle.**

While the more formidable diseases of the scalp are comparatively infrequent the case is far otherwise with several minor disorders. The least of these may be painful or annoying; and to others may be traced most



instances of gradual loss of hair and even many cases of violent eruptive effusion. The most important of the number I term Debilitation of the Cuticle. I regard this state as a most fruitful source of mischief. In other words, it is the starting point of numerous annoying and obstinate affections which afflict the scalp, and in many cases greatly injure or destroy the hair. In order to fully comprehend the history and nature of this disorder, and the reason of its peculiar frequency in the seat of the hair, we must call to mind certain physiological facts. In every part of the cutaneous surface, as elsewhere in the system, vital processes are constantly going forward, requiring for their motive power a portion of that mysterious principle of life which we term vital force. Now, the amount of this force cannot be materially increased in any given locality while its total quantity in the system remains the same. But some portions of the body require far more of this vital force than others, because the processes occurring in their provinces are more complicated and laborious than in others. Therefore, it is in these regions that we may the soonest look for derangement, because, while the motive force remains substantially the same, various circumstances may often increase the amount of labor to be performed, and hence that labor must be accomplished inefficiently or in part neglected. Now, there is no other considerable portion of the cutaneous surface that can compare with the scalp in the extent and variety of the labor required of it. Let us for a moment consider the amount of these extraordinary duties, that we may better understand the nature of the trouble to be considered. Were we to examine the surface of the scalp with a powerful lens we

should find it very thickly sown with minute punctures, which represent the orifices of the perspiratory ducts, more than three thousand of them terminating in every square inch of superficial measurement. It is likewise peculiarly rich in sebaceous glandula, which furnish the lubricating and softening fluid to the external surface of the scalp. Now, when we reflect that every one of this vast number of minute channels is lined by a continuation of the cuticle, and that millions upon millions of cells which constitute these continuations is an active, vital agent, demanding a constant supply of vital force, we must understand that the scalp is really a very busy portion of the system. Nor is this all. Every square inch of the scalp has to propagate and sustain from five to seven hundred hairs. Adding this responsibility to the former, we are able to form some idea of the magnitude of the perpetual task that this portion of the cutaneous surface is called upon to perform. That favorable conditions are essential for the proper performance of these varied and laborious duties goes without saying. Not only must the supply of vital force be adequate and continuous, but the state of the surface must be such that every operation connected with the functions of the scalp may go forward with the vigor contemplated in the design of nature. That these conditions are rarely fulfilled will be apparent on a moment's reflection. As it is the cuticle which suffers most from mismanagement, and is so generally overworked, impoverished and abused, it is that tissue, in particular, which we so often find in a state of debilitation. The symptoms of this disorder are various, but it is always attended with a weak, lifeless and shriveled appearance of the skin, and is generally accom-

panied in greater or less profusion with the fine, branny particles called dandruff and occasional irritation of the surface. The hair is deficient in vitality, being faded in color, dry, brittle and inclined to split at the ends. In this disorder the hair is readily detached with the brush or comb and complete baldness is inevitable unless the result is anticipated by a course of judicious treatment. When this disorder is complicated with suppressed secretion, either through lack of energy or mechanical obstruction of the ducts with scurf or grease, a more serious state of affairs obtains; the repressed fluid accumulation in the space between the Cutis Vera and the Cuticle Epidermis, growing more and more morbid as time goes on, finally assuming all the characteristics of an irritant poison. The surface of the scalp soon becomes covered with hardened scurf, the hair soon begins to lose its natural lustre, becoming gradually dull, harsh and languid. It is more brittle than in simple debilitation and the ends of the hair split to a greater distance from the point, and fall out more readily, and the beard as well becomes affected in males. Both these conditions are readily amenable to treatment.

Patients desiring treatment will please answer the following questions :

Has the hair been falling pretty rapidly?

In combing, does a great quantity come out?

Is there much Dandruff or Scurf?

Is the hair harsh and dry?

Do the ends of the strands split?

Do you suffer from dyspepsia or indigestion?

See last two pages.

## CHAPTER XVII.

---

### **Pityriasis, or Dandruff;**

**and**

### **Eczema, or Salt Rheum.**

Pityriasis, or Dandruff, is perhaps the most common of all the diseases affecting the scalp and hair. Dandruff is the name given to the branny scales or particles that characterize the disease. Most, or rather a great majority of the people we meet, both male and female, are troubled to a greater or less extent with this annoying and oftentimes persistent affection. As a rule, though, the quantity of dandruff is considerable, and is especially noticeable, both in ladies and gentlemen, when the color of their clothing is dark. In such cases you will notice it dusted pretty freely about the shoulders by the different movements of the body. This is the simple form of dandruff and is composed of the exfoliation or casting-off of the outer portion of the cuticle and the products of diseased sebaceous matter as well. As I have already mentioned it is a very persistent symptom, and no matter how cleanly a person may be, it will recur again and again. And in this consists its chief annoyance. Eventually, if allowed to go on, some of the symptoms of inflammation will supervene or be developed. The skin of the scalp will become intensely irritable, and when scratched will pour out an abundant serous secre-

tion, the subcutaneous cellular tissue becoming painful and swollen over a large extent of surface, the heat and pruritus or itching becoming very troublesome symptoms; and there may be signs of constitutional trouble as well. As the disease increases by degrees, it spreads in time over the greater portion of the scalp, the layers of scurf thicken, resembling at this period a coating of bran or coarse flour, the under surface of which is saturated with fluid. If the scalp is very carefully freed from this adhesive material, it will be found divested of its cuticle. It is usually of a pink color and offers a smooth, polished, shining surface, resembling varnish. Dandruff is due to a want of tone of the surface of the scalp, and in its simple form, no matter how copious or how long it may have existed, may be very easily cured after a very short time of careful treatment. The inflammatory form must be more actively treated, especially when there is any constitutional disturbance. Let me say just here, that it often happens that a simple case of ordinary Pityriasis becomes very much worse from the irritating substances employed by patients to cleanse the hair and scalp from dandruff—Sal-soda, Borax, strong solutions of Ammonia, etc.

Persons desiring treatment will please answer the following questions :

Is there much irritation or itching ?

How long has the dandruff existed ?

Is it in light, flaky particles and dry or in the form of scurf and moist ?

Is the quantity great or little ?

Is the general health fair ?

Is there any falling of the hair ?

**Eczema.**

Those various forms of cutaneous eruptions that consist in an elevation of the epidermis or cuticle, produced by the collection beneath it of a watery fluid which, though at first transparent, eventually becomes opaque, are by modern dermatologists generally thrown into one group, to which the term vesicular is applied. To this class of eruptive affections Eczema belongs. The eruption is well known under the appellations of scall or humid tetter and is very common. It may appear on the face, scalp, arms, back of the hands and more rarely on the trunk and lower limbs, and in any situation it assumes various conditions, according to the state of the constitution, the degree of natural irritability of the skin, and the method of treatment adopted. Its primary general characteristic is the appearance of the minute transparent vesicles or watery pimples before mentioned, which are very frequently no larger than the head of a pin, and are closely though irregularly aggregated and the affected parts more or less inflamed. Even in Eczema Simplex, the mildest form of the disease, although the skin may appear on a casual inspection of the natural hue, a strong lens reveals evidence of inflammatory action around each vesicle. Slight febrile symptoms usually attend Eczema Simplex, and occasionally a trifling nausea and headache precede the attack, and there is a slight tingling about the affected parts. Eczema Rubrum, as its title implies, is attended by a far higher degree of inflammation than the preceding variety, and is generally preceded by a sharp fever, and the parts on which the eruption is to occur become heated, painful and swollen. The vesicles which soon appear present

the usual characteristic appearance, and though profuse in number, are grouped together in patches. As is natural where the parts are so much swollen, they feel tense, even painfully so, and the tingling felt in Eczema Simplex is more noticeable here. In a day or two after the appearance of the vesicles the watery fluid becomes opaque. In the simpler form they usually soon afterward dry up, and if the prognosis be favorable, that is, if the disease will soon terminate without complication, a few days' fine, mealy desquamation terminates the attack; but otherwise, and this is more generally the case, a new crop of vesicles makes its appearance after the maturation of the first, pursuing a similar course, this state of affairs continuing till thin, yellowish scabs having formed, a serous exudation begins, which frequently grows very copious. The inflammation continues and the tingling sensation gives place to most persistent and distressing itching of the inflamed surface. If this be relieved by scratching which is most always the case, the symptoms are aggravated and the duration of the eruption prolonged, while the inflamed surface has become terribly sore and painful. In Eczema Rubrum the accretion of the fluid matter is so rapid that the vesicles first appearing, instead of subsiding, as in the other form, eventually burst and discharge their contents, which dry into crusts similar to the scabs of Eczema Simplex, but thicker and more formidable. When Eczema is local, appearing on but a limited tract, as the scalp or face, it is more obstinate than the general form and more inclined to become chronic. Eczema Capitis, or Eczema of the Head, owing to the presence of the hair, presents a greater variety of symptoms than the other forms. The vesicles, which are usually very minute,



oïtea being indistinguishable, are announced by more or less of heat, tingling and itching in the part about to be affected, and may appear in patches or be diffused over a large part of the scalp, the skin appearing red and inflamed. When they have burst the characteristic serous exudation begins. Sometimes the watery effusion, which begins to flow after the rupture of the vesicles, continues long to be the principal outward manifestation of the disorder. There is little soreness, inflammation or irritation of the parts, although the condition of the scalp in these respects is apt to vary greatly in different cases, and perhaps the patient may be more sensible of the symptoms designated by night than by day. The hair is always kept unpleasantly moist by the quantity of the exudation, and dressing it is not an agreeable episode, especially to ladies. Irritation of the scalp, with a comb or the finger-nails, naturally aggravates the disorder, as the tender cuticle is easily torn and results in increased inflammation, greater soreness and the changing of the serous to a sero-pustular exudation, which concretes into yellowish scabs. If left to itself it rarely gets well in a shorter time than two or three months, and occasionally becoming chronic, will last for years. From the foregoing description it may be readily seen what an undesirable state of affairs this is, and what a great amount of unpleasantness may be inflicted, particularly upon ladies possessing luxuriant heads of hair and especially when the hair follicles become involved, which is generally the case, and a loss of hair follows corresponding to the extent of the inflammation. This disease is more frequently met with in persons of pretty full habit than otherwise. In the majority of cases I think I am justi-



fied in asserting that there will be found to have existed for a longer or shorter period a state of plethora, or a morbid condition of some of the secretions, resulting from overfeeding, some abnormal condition of the parts, menstrual irregularity and lastly an hereditary taint. It frequently occurs in children from some abnormal condition of the milk. Eczema of the head should be taken in hand as soon as possible after its appearance, to prevent any liability to a destruction of the hair follicles, thus preventing an extensive loss of the hair. It requires judicious management, but the results of careful treatment are always most gratifying to the patient.

Patients desiring treatment will please answer the following questions :

What is the character of the eruption?

Is there much redness of the skin?

After the eruption breaks, does it dry up or not?

Is the itching and heat intense or not?

Is the eruption general or limited to spots?

How long has it existed?

See last two pages.

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## CHAPTER XVIII.

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### **Porrigo ; Favus, or Scald Head ; and Ring Worm.**

The various writers who have treated of this disease are by no means of one mind, either as regards its name or nature, but that it is contagious—that is, communicable from one person to another—is an admitted fact by all. The first external symptom of Porrigo or Favus is the appearance on the scalp of small, smooth, perfectly circular spots, slightly elevated, of a bright yellow color, more or less numerous, generally isolated and pierced in the center by the aperture of a hair follicle, whence issues a strand of hair. They are usually at the outset no larger than the head of a pin, and are slightly depressed in their central portion. In other words, their upper sides are cup-shaped. They increase in size, by gradual additions in circumference, still retaining their characteristic concavity, but rarely attain the diameter of a quarter of an inch. There is usually a little redness of the skin in the immediate neighborhood of the eruptions, but no apparent heat or itching ; nor is there any fluid accumulation or exudation, nor a tendency to suppuration either in or around them. Where the crusts are rather thickly planted, they eventually unite with each other and form large irregular patches, at the outer edges of which may still be seen parts of the outlines of the original circular

crusts. The term Favus was given to these crusts from their resemblance in color and characteristic depression of their surface to a honeycomb. As would naturally be inferred from the nature of Porriqo, the hair is very seriously affected by it. Though we may chance to find it apparently uninjured in the earlier stages, the follicles very soon become diminished by the presence of the surrounding accumulations. They grow more and more shallow, and eventually, if the disease is suffered to continue, are entirely obliterated. Meanwhile, as the hair is a product of the follicles, it exhibits in its appearance the ill-effects of deficient nourishment and long-continued inflammation of the producing organs. In the more advanced stages of the disease the hairs rapidly fall out, that which remains exhibiting signs of low vitality. They lose to a certain extent some of their coloring matter, and the internal structure of the hair having become affected, it presents as well a shriveled appearance, and will fall out upon the very slightest provocation, the extent of the loss corresponding to the size of the surface occupied by the eruption, as was mentioned in the description of Eczema. It will generally be found that a bad state of health accompanies this disease and indeed very often precedes it. The digestive organs are evidently disordered, and there are present both fever and irritability. The cellular membrane underlying the scalp partakes of the disorder, being at times so much inflamed as to give rise to small abscesses, which, though they rapidly heal after having discharged their contents, sometimes so affect the nourishing properties of the hair, and the hair follicles as well having been totally destroyed, the spots which they have visited will remain

permanently bald, presenting the appearance of Alopecia Areata, already described, and with which it must not be confounded. The absorbent glands at the back of the head are also affected, being enlarged and tender. This disease appears more frequently in children than in adults and rarely survives the age of puberty, disappearing spontaneously before that time. But the amount of irreparable mischief it may inflict before this happy consummation, which, bear in mind, if you please, is by no means certain, should warn parents never to trust to this possibility or to indulge the treacherous disease a moment longer than is absolutely necessary. The best results can always be obtained from a course of active treatment, and active treatment is most necessary to subdue the inflammatory action as quickly as possible in order that we may prevent the destruction of the hair follicles and a consequent loss of hair. Let me say here that in the great majority of cases a loss of hair that cannot be replaced is, in the great majority of cases, owing in a great measure to a patient's own neglect to adopt a method of treatment that is applicable to the complaint which occasions the loss of hair. In other words, experimenting with some one of the quack nostrums with which the market is deluged. A truce to such practices. Let every person afflicted with any form of skin or scalp disease apply at once to an intelligent practitioner making a specialty of such diseases and they will not only receive that careful attention their cases demand, but will save much trouble and money as well. In connection with this let me mention, if you please, that it may be and frequently is communicated to different portions of the face and body by means of the finger-nails, so that care should always

be taken to cleanse the hands and nails as perfectly as possible after attending to the head of any person afflicted with this form of trouble.

Patients desiring treatment will please answer the following questions :

How long has the eruption existed ?

Did it appear first in yellowish spots ?

Was there a hair or hairs through the middle of any of these spots ?

Have any of the spots come together, forming a larger, irregular spot ?

Has the hair fallen out or not ?

Has there been any feverish symptoms ?

Is there any tenderness at the back of the head ?

See last two pages.

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### **Ringworm.**

It is very proper to explain at the outset that the appellation Ringworm referred originally to two distinct circumstances, one of which was the form of the eruption which characterizes the disease, it being usually circular, while the other seems to have been merely a notion that the ring of diseased skin resembled a malignant worm, or that, as some writers contend, there really is a worm present. In my experience Ringworm of the hairy scalp is rarely brought to notice in its incipency, owing to the fact that it is ushered in by little or no constitutional disturbance of any very important sensation in the part affected. As it occurs principally, if

not exclusively, in children from three to twelve years of age, who would scarcely consider a slight tingling, provided they felt it a subject of sufficient importance to bring before the attention of their parents, it is only when the hair changes its appearance and begins to fall that anything unusual is observed. The first indications of the disease apparent to the eye are several very small rings of minute vesicles, the advent of which is unattended by redness of the adjacent parts. A trifling discharge may attend the destruction of the first crop of vesicles, which dry up and desquamate and are followed by others which occupy a larger space exterior to the first and run a similar course. Thus the affected parts slowly increase in size, still preserving their circular form; they are rarely perfectly circular, often assuming more or less of an oval form, the central parts which were first affected sometimes appearing slightly elevated above the general level of the scalp and always exhibiting numerous fine scales, easily removed and just as promptly renewed; this latter stage being sometimes attended with violent pruritus or itching. And the effort to relieve this most annoying symptom, of course, directly aggravates the other symptoms by increasing the local irritation and inflammation. The hairs begin to be affected early in the history of the disorder; those situated inside the rings exhibiting various indications of a diseased state, such as harshness and dryness and a propensity to double upon themselves. Then they become twisted or broken, discharge part of their color and become loosened in their follicles, so that they will fall out of their own accord or are easily extracted. In some cases a few of the hairs which remain on the affected portion

of the scalp collect into little agglutinated bundles, presenting the appearance of tow. It is not at all uncommon to observe on the denuded surface a downy or furzy growth, resulting from the efforts of nature to replace the hair that has been lost. When the scalp is carefully examined, particularly if it be first shaved, besides the two or even greater number of spots exhibiting the advanced stages of the disease there will usually be discovered a number of small discolorations of a yellowish red, which will eventually disclose the same features that have characterized the others and pursue a similar course. The foregoing description refers more particularly to persons who have a very fine, thin skin and light complexion, because it is more frequently noticed in such than in persons of a dark complexion and thick, coarse skin. If the disease appears on the head of one of the latter, all of the foregoing symptoms are of an aggravated form, and where the hair is stiff and strong it acts as a local irritant, there is an amount of intolerable itching, which the patient is driven to relieve by scratching, thus breaking the little vesicles and rendering the surface of the affected parts particularly raw and tender. Ringworm may result from any constitutional unsoundness, from scrofulous taint, unclean habits, gross living, a bad state of the blood, irritability of the skin, and sometimes results from the local irritation produced by the active growth of very thick strong hair. That it is a most annoying and persistent affection cannot be denied, and if allowed to continue, without taking the necessary steps to cut it short, the mischief it will accomplish in a comparatively short space of time will seem almost incredible. The loss of hair attending it will often prove one of the most

dreaded results, as from the entire destruction of the hair follicles the baldness occasioned by the loss of hair will be permanent. In this class of diseases of the skin this fact should always be borne in mind: that the destruction of the hair follicles as a result of a high grade of inflammatory action is always attended with permanent baldness, and that it is our duty to use the most active treatment to cut short the inflammation before the hair follicles have become seriously involved. This, as a rule, can be accomplished by a careful management of a case with efficient remedies.

Persons desiring treatment will please answer the following questions:

How long has the eruption existed?

Is it circular in shape or irregular?

What is its color?

Has the hair fallen out in quantities or not?

Has there been any tingling or pricking of the skin?

Has there been any constitutional disturbance?

Is the complexion fair or dark?

See last two pages.

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## CHAPTER XIX.

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**Lepra; Psoriasis;**

**and.**

**Steatozoon Folliculorum, or Hair Eaters.**

The common notion of leprosy endows it with characteristics that have usually associated with it feelings akin to horror, this arising in great measure from the fact that heretofore writers have either not sufficiently well understood their subject or else for purposes of gain have made their descriptions as offensive as possible. These diseases belong simply to the class of scaly skin diseases and with proper care are easily managed. Of course if allowed to go on after their advent, unattended or attended by unskillful hands, they often may and do assume forms that are all that the most vivid imagination could picture them in the way of repulsiveness. The first symptoms generally observed are the appearance of a number of red, circular spots, usually quite distinct and elevated quite perceptibly above the general level. At the beginning, the papules or spots rarely exceed the size of a split pea and are as high at the edges as in the center. A certain degree of rigidity is apparent to the touch, the natural flexibility of the part having in a great measure departed. After the lapse of one or two days it will be observed that these spots have acquired a very smooth, hard, glossy surface,

imparted by a thin, semi-transparent, silvery-white scale, which has recently formed. As the affection is constantly spreading, and this growth produces a gradual change in the disposition of the particles beneath the unyielding scale, the latter becomes loosened, especially about its circumference, and if it be removed, a minute protuberance, more like flesh, than the substance of the scale will be found to occupy the central portion, and a corresponding small depression will be perceived in the surface of the skin from which it has been detached. Sometimes a minute point of blood may be found when the scale has been forcibly removed and the scale itself will be somewhat dark in color. No effusion, however, can ever be detected, and when the scale is permitted to fall of itself, even this appearance will be looked for in vain. It may be observed that the surface, deprived of its accompanying scale, exhibits no particular change in color, but is somewhat rough and uneven. As the spots enlarge, fresh scales succeed the first ones, but are thicker and on the under surface smoother and drier. They soon cease to present a continuous, unbroken surface, however, as from their exceeding brittleness and dryness they crack into fragments more or less numerous, the edges becoming more perfectly dry than the remaining substance, looking white and powdery. The greater the size the scales attain the more elevated become their outer edges above the central portion, the latter exhibiting a comparatively healthy appearance much] earlier than the remaining portion of the scale. Sometimes when the eruption has been profusely scattered over the surface of the skin their gradual enlargement causes some of

them to partially coalesce, though such portions of their several perimeters as do not become merged in some neighboring circle still retain their original curve. Though the central portion of the spots in their process of desquamation become somewhat changed in character, that from the border still retains the original form of true scales, which are sometimes so crowded at the extreme limits of the patch as to become imbricated on one another. The seat of the eruption grows somewhat thickened and hardened during the course of the disease. In this connection let me state, if you please, that every eruption accompanying a disease is only a symptom of that disease, and to treat such a case successfully it is absolutely necessary to discover, in the first instance, the true cause of the disease before resorting to any means for its cure. In this disease the hair bulbs, or rather the hair follicles, and then the bulbs become affected, but not so soon or so extensively as in the affections already described ; although, as I have already mentioned, if allowed to go on indefinitely, either from neglect, ignorance, or by the use of some one of the so-called blood purifiers, the inflammatory process may involve a great quantity of the hair follicles in a destructive process and the loss of hair may be extensive. Accompanying this disease there is usually a considerable amount of irritability of the skin, indicated by a good deal of itching, and one of the most marked symptoms is a sensation of pricking noticed just a little before the separation of the first scales. The foregoing description relates particularly to the form known as dry tetter or *Lepra Vulgaris*.

**Psoriasis.**

Psoriasis is really only a more aggravated form of the foregoing ; the scales are a little thicker and more solid and more yellow in color, owing to a higher grade of inflammatory action in the tissues about the sebaceous glands. The hair follicles, too, are more quickly involved, and the consequent loss of hair correspondingly great. The extent of surface involved is always greater. In fact, there may be several patches of eruption and the scales under their central portion present a red, central point that generally passes the level of the surrounding tissue. The pruritus, or itching, too, is increased and the pricking sensation before alluded to before the separation of the scales becomes now almost a pain. As I have already remarked, all forms of skin diseases that attack the scalp and involve a loss of hair should always be seen to as early as possible, especially those of an inflammatory nature, because the hair itself always acts as an offending body, especially where it is thick and coarse, and the hair follicles once being involved, the course of destruction is a rapid one, and the consequent loss of hair correspondingly great. Now it is one of the simplest matters in the world to preserve this natural ornament if it be only treated in a perfectly honest and reliable manner. It will not do to experiment upon it, though, or to use any preparation that will tend in the slightest degree to interfere with the healthy, natural action of the scalp or irritate the delicately organized follicles. Persons desiring treatment will please answer the interrogatories :

Did the eruption first appear in red, circular spots?  
Was it elevated above the surrounding tissue?  
Did it soon change to a silvery white?  
Is there a quantity of white powdery dust?  
Any sensation of pricking in any of the spots?  
Any falling of the hair?  
Any yellowish scales at the roots of the hair?  
See last two pages.

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### **Steatozoon Folliculorum, or Hair Eaters.**

The Steatozoon Folliculorum, or Hair Eaters, are insects almost microscopic in size that inhabit the interior of the sebaceous and hair follicles, and when they are present in large numbers the amount of mischief inflicted by them is almost incredible. There are many persons in whom the sebaceous and hair follicles, from one cause or another, secrete an inordinate quantity of a fatty or oily substance, which keeps the surface of the skin covered with an oily or greasy deposit. This condition is hardly worthy of the name of a disease, though it rarely accompanies a perfectly healthy condition of the system, and it is clearly proven that in such subjects there exists in these follicles minute insects, and that they perform some beneficent work has also been clearly proven. That work consists in the disintegration of the over-distended cells and the stimulation of the secretory tubes to perform their work more efficiently. In corroboration of this view is the fact

that these little creatures increase in number when the vital power declines, so that when the energies of the system are impaired by disease, and when the skin, participating in that reduction, is unable to alone fulfill its functions correctly and efficiently, these little beings are produced to aid it in its work. No doubt they accomplish a great amount of good when they confine themselves strictly to the work for which they were intended, but when they make their *début* upon the hair they should be looked upon with anything but a favorable eye. And this frequently happens from the fact that in the scalp the sebaceous and hair follicles frequently coalesce, and the contents of the former are emptied into the latter. This, though a good thing for the hair, is unquestionably a good thing for the insect, which manifestly prefers gnawing or eating off a hair to any other form of exercise, though swimming in its native element would be manifestly more conducive to the well-being of the hair. I have often found a *steatozoon* glued to a hair shaft just above the surface of the scalp, to which point he may have been conveyed from within the follicle by the natural growth of the hair, and have observed oftentimes with surprise the powerful tenacity of his hold, which usually withstands not only the stiffest kind of brushes, but the very finest combs as well, and seems next to impossible to get rid of it. It unfortunately happens that this impression finds justification in subsequent facts, for nothing less than the absolute destruction of the hair, root and shaft seems to satisfy the ardent creature, which clings closer and closer, attaining at length such a pitch of pressure upon the delicately organized hair shaft that it is liter-

ally squeezed to death. Now, how are we to know when this little pest is present? The base of operation selected by this destructive little animal for the exercise of its faculties seems to be confined to the apex or top of the head and the tract where the hair fringes the neck. I have never found it elsewhere. Wherever it appears the hair becomes dry and brittle, and, if naturally dark, assumes a yellowish hue or a variegated mixture of the old and new shades, and very soon after this begins to fall. A peculiarity of this destructive action is that the hair is never afterward as luxuriant in its growth as before, unless their presence can be detected before the work of destruction has been carried on to the extent mentioned. It may be that, having eaten its way into the hollow interior of the shaft, it pours into it some poisonous material which finds its way to the roots and destroys the apparatus employed in the physiological production of the hair, or paralyzes the nerve that vitalizes the atoms that enter into its original formation. However this may be, the fact remains that the hair is never the same, either in texture or luxuriance, after it has once been invaded by these pests, as it was before. The true steatozoon, which is able to achieve such deplorable results, is of a rather blueish tinge, resembling a nit in size, but not in shape or color, and though he triumphs signally over such means of a mechanical nature as are employed to remove him, he quickly succumbs to proper treatment and his after-poisonous results counteracted if seen in time. There are other insects that sometimes invade the hair and scalp. I refer now to nits. They are generally the result of personal habits of uncleanness,

but are often conveyed from one person to another by personal contact. This frequently happens in schools and crowded workrooms where intimate personal relations are absolutely unavoidable. This form of parasite is very easy to detect, from the peculiar and persistent itching that arises from its presence and the appearance of small, whitish, glistening points scattered pretty thickly through the hair and the rapidity with which they increase in number. While they are persistent, annoying and oftentimes embarrassing, they are the occasion of no real mischief, although I have seen an Eczema produced from no other cause than the inflammatory action set up by the nails, in scratching, to relieve the itching produced by these little parasites. They are most easily destroyed. I should recommend all parents to examine closely, every little while, the hair of their children, for no matter how cleanly they may be they will often acquire them in the manner I have mentioned, and they are anything but desirable companions, as the unpleasant symptoms I have enumerated will prove to the person who has contracted them.

Persons desiring treatment for *Steatozoon*, or hair eaters and nits, will please answer the interrogatories :

Has the hair become rapidly dry and brittle?

Has it assumed a variety of shades?

If dark, has it become yellowish?

Is some of it bright and healthy and some dull?

Has it fallen out rapidly?

Is there much irritation or itching?

See last two pages.



## CHAPTER XXI.

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### **Loss of Color, Blanching, and Greyness of the Hair.**

I think it very proper here to make a few remarks about the coloring matter, or rather the predominating elements that give to the hair its color. There is imparted to the hair by Nature six distinct colors—black, dark brown, blonde or light brown, yellow or golden, very light or flaxen and red. Black and dark brown hair owe their color to the predominance of iron in their solid constituents, being greater in the former than the latter. In blonde and light brown hair we find a very large proportion of sulphur. Yellow or golden exhibits among its inorganic constituents an excess of lead. Magnesia is the predominating element in flaxen. Hair of this shade rarely if ever turns grey. It grows darker gradually as the middle of life approaches, and at length by degrees returns to its original color; so that old age finds one with the flaxen locks of youth. The origin of the color of red hair I do not presume to determine with the precision which characterizes the foregoing speculations. In my opinion it may arise from a variety of causes, but I should say that an abundance of oxygen would be found to influence that part of the system

most intimately concerned in its production. Thus the oxygen could unite with either iron or lead in the proportion necessary to form a peroxide, which in either case is red. Greyness of the hair is not normal. It was not contemplated in the original scheme of the human organization. It is an incident of long, generally of mature life, and indicates either a diminution of the vital force or its accidental partial preclusion from the affected region. The first growth of children's hair is often white or flaxen, but never grey. A grey-haired baby would be a phenomenon indeed. In examining the various phenomena which are involved in a change in the color of the hair, we observe many peculiarities relating both to the nature of the change and the time consumed in effecting it. Thus, the change may be a mere gradual fading, such as referred to in the chapter on Debility of the Cuticle, or here and there a single hair is found to have changed its color, having become grey with apparent suddenness, or a lock of hair becomes gradually grey while all the remaining hair retains its original shade, or the head exhibits an even distribution of grey hairs and hairs of the original color, the former slowly increasing in number, or, finally, a part or the whole of the head becomes suddenly and permanently blanched. Some writers have asserted that greyness begins at the free extremities of the hair. My experience teaches me that, so far from this being the case, greyness never begins at the free extremities, but the portion nearest the surface of the scalp invariably exhibits the first signs of greyness. It is true that in frequent examination of the long hair of ladies we sometimes find that an inch or more of the free extremities is faded to a

greater or less degree, and now and then the hairs are even split for the same space. But this is not greyness, and is due solely to the closing up of the free ends from neglect, thus preventing the free passage and escape of the softening sebaceous fluid contained in the strand, causing the ends to become faded and lifeless. White hairs that fall out are seldom reproduced. Dark hair turns grey sooner than light, and the hair of men than women. There are four varieties of greyness—constitutional, paralytic, emotional and premature. The philosophy of premature or untimely greyness, the only one of the four varieties of this affliction susceptible of cure, is this: Iron and oxygen are the principal constituents of dark hair; lime and magnesia of light. If the perspiratory secretions contain an excess of lime, it is absorbed by the hair bulb and imparted to the hair, causing greyness at an indefinite period of life.

There is a marked difference between the symptoms of premature and constitutional greyness. While in the latter the scalp is comparatively healthy and we may search in vain for any prominent sign of local derangement, in the former it is very quickly apparent that the disorder is mainly, if not wholly, of a local character. The usual signs of debilitation of the cuticle present themselves, and in most cases we find a thick, yellowish fluid oozing to the surface, where it generally concretes into a crust so firm that it is removed with difficulty. If, however, this be done the cleansed surface is promptly covered with a new deposit. The peculiar fluid thus continually exuding from the pores is a suppressed perspiratory secretion, inspissated through long confinement, and being gradually increased by fresh

accessions slowly forces its way to the surface, and it is the increase of lime deposited in this secretion which, conveyed to the hair, gives rise to the condition known as premature greyness. This form of greyness may occur at any period of life, and may be prevented or arrested by any means which is capable of restoring and maintaining the functional energy of the scalp. From the nature of the disorder in question it is apparent that the most we may justly anticipate from even a perfect means of this sort is that further change or loss of color in the hair already produced will be prevented, that the new hair will exhibit the original shade, and, finally, that the hair that has lost its color may ultimately regain it, wholly or in part, through a graded process of absorption and substitution in the material of the strand.

Patients desiring treatment will please answer the following questions :

What is the patient's age ?

How long has the greyness existed ?

Is it general or localized ?

Is there any dandruff or yellowish scurf ?

Has there been any falling of the hair ?

Has it a dry, faded appearance ?

Is there any history of paralysis ?

Is the patient emotional ?

Did the greyness come on after grief or fright ?

See last two pages.

## CHAPTER XXI.

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### **Eyebrows; Beard ; and Hypertrichosis, or Superfluous Hair.**

In the preceding chapters I have endeavored to make as plain as possible the anatomy of the skin and development and growth of the hair, together with its proper management in health, how to keep it healthy, and a description of a number of the diseases of the scalp most commonly met with that tend to destroy it. This description, though, has related entirely to the hair covering the head. Before leaving this portion of my subject it is incumbent upon me to occupy just a little more space to say a word about the Eyebrows, Beard, and, what is most annoying to every one, especially to ladies, superfluous hair.

#### **Eyebrows.**

The eyebrows should never be cut, or in any way subjected to the action of the scissors or razor. Their beauty consists in their being smooth, glossy and well defined and extending in a graceful, arched line over the eyes.

Cutting them ultimately destroys these qualities by causing them to grow coarse, stiff and irregular. In

cases where the eyebrows are too thin or too short an application of a stimulating nature is applied to thicken and promote the growth.

Many ladies use this application as a dressing for the eyebrows when making their toilet. The finger is slightly moistened with the solution and then passed over the eyebrows.

It slightly darkens and gives them a gloss, as well as to promote the growth.

Persons who dye the hair or beard are very apt to meddle with the eyebrows, and often produce effects contrary to their intention and anything but pleasing. This is nearly always the case with persons of a light complexion, either from confinement in-doors or ill-health. Any interference with the natural color of the eyebrows, therefore, should be limited to merely brightening or slightly darkening them. An occasional coarse or unsightly hair may be plucked out with the tweezers, but should never be cut off. It sometimes happens that the hair is inclined to and does grow pretty thickly in the clear space at the top of the nose between the two brows, thus destroying the symmetry of the part and often giving a peculiarly repulsive expression to what would otherwise be a most pleasing countenance. All this can be easily remedied; the same treatment resorted to for the removal of superfluous hair being efficacious here.

### **Beard.**

Whiskers, imperials and mustaches. The cultivation and cut of any one or more of them and the use or non-use of the razor altogether are matters entirely de-

pending on personal taste and caprice, and on the prevailing fashion of the times.

It would be folly to attempt to show how easily the appearance of the face may be modified and improved by an appropriate and tasteful mode of wearing its orinal appendages ; how a thin and long one is shortened and widened in appearance by the presence of hair on the sides and lower part of the chin, or by having its length broken by a mustache ; or how a short or wide one may be modified by a contrary mode of treatment, assisted by the whiskers.

In cases where the beard is thin or does not grow, a stimulant is used to force the growth in those places.

This stimulant has been in great demand for the past five years, especially among young people who wish to grow a mustache.

Allow me to say just here that there is no reason why every man may not be the happy possessor of a beard, either in the form of whiskers, imperials or mustaches. In men the skin of the face is almost as plentifully supplied with hair follicles as the skin of the head, and it is entirely owing to a sluggish action of the nourishing vessels of the skin that in a great number of people a beard is tardy in making its appearance. It is a most simple matter to counteract this seemingly lethargic condition, and stimulate the circulation so that the hair bulbs may be roused into action and the beard induced to grow more quickly than it otherwise would

## **Hypertrichosis, OR Superfluous Hair.**

The hair, as is well known, grows on the entire surface of the body, excepting the palms of the hands and soles of the feet, but of not so vigorous a growth as on the head. By disease, irregularities of life, hot applications, or a peculiarity of temperament, the hair oftentimes grows of such abundance as to disfigure the face, hands and arms of ladies so as to produce marked attention and annoyance in public as well as to detract from the beauty of the face. This is very embarrassing to sensitive persons, causing them to lose their self-possession and inducing bashfulness.

Oftentimes giving rise to attacks of great nervous prostration and despondency really alarming to their friends. The growth of hair upon the female face is undoubtedly one of the greatest deformities from which a lady can suffer, especially so when it becomes so prolific as to form a beard. It very frequently happens that a female may have gone on through the period of adolescence and arrived at the age of maturity without a sign of the appearance of the disfiguring growth. In point of fact, she may have been rather proud of her almost perfect complexion, rather inclined to boast of it, when all of a sudden, without any premonitory symptoms, she notices the appearance of a few straggling hairs on her upper lip or the sides of the chin, with feelings of the most lively apprehension, nearly akin to horror, and imme



diately sets about for some means to rid herself of the "old man of the sea." The public at large can form but little idea as to the prevalence of this affliction. There are hundreds, yes thousands of ladies who are happily circumstanced in every sense of the word, but yet whose lives are really made most miserable and unhappy from the existence of this most disfiguring affliction. Compelling many of them to renounce society altogether. That such a state of affairs should be allowed to exist in this age of improvement and perfected scientific research seems to me to be really inexcusable, and I am highly pleased to notice that Dermatologists, the leading ones especially, have at least been compelled to devote some attention to this branch of the science of medicine. In my description of the development of the hair it will be seen that the hair follicles are almost as numerous in the tissues of the face as they are in the scalp, only not so highly developed; but when they once begin to exhibit signs of activity a growth of hair is bound to follow, and the extent of the growth depends entirely upon the perfection of the development of the hair follicles. But whether it be great or little, there is no disfigurement to female beauty more to be dreaded than this. Numerous methods and remedies have been employed to eradicate this trouble with varying success, foremost among them being Depilatory Powders, which are used by mixing the powder with water to form a paste and applying it to the hair, which immediately hardens, and when removed the hair comes with it; but this is not so effective as one might think, because the hair follicle is not destroyed, therefore the hair will grow again in a short time as badly as before.

If you will refer to my article on the Hair, where I explain its growth, you will readily see that the little blood-vessel and nerve in the follicle are the cause of the growth, then of a necessity these must be destroyed before a cure can be effected.

My treatment is in liquid form and is very penetrating. It penetrates the follicles and effectually destroys them. In cases where the skin is thick and the hair heavy it will require several applications to destroy the sac of the hair. Be persistent in using and it will surely destroy the hair. It is entirely painless and leaves no stain or mark, the patient being able to appear in company two hours after using it.

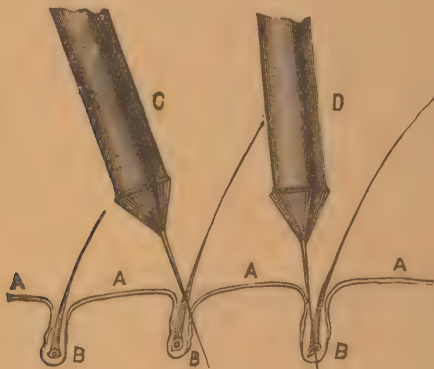
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### **Removing Superfluous Hair by Electricity.**

Hitherto one great objection to the removal of superfluous hair by electricity has been the severe pain attending the operation. This difficulty has been done away with, to a great extent, by recent improvements in the apparatus used and by the application of the Rheostat, by which means the intensity of the electric current is greatly modified ; at the same time its strength is in no way impaired, thus reducing the pain attending the operation to the minimum.



I give two illustrations for the purpose of showing how the operation is performed. The first shows the instrument, A being the conductor that leads from the battery and B the needle.



The second engraving illustrates how the needle may be inserted without killing the hair, and also the kind of insertion that is sure to destroy, C being the improper insertion and D the correct one. The secreting surface that furnishes the nourishment for the development and growth of the hair is at the end of the root, which is usually from one-eighth to three-sixteenths of an inch beneath the surface of the skin. This secreting surface must be totally destroyed, otherwise the operation is of no avail, but when once destroyed it never re-forms.

Our engraving is highly magnified to better illustrate the manner of the operation. A, A, A, A, is the surface of the skin. B, B, B, is the end of the root, and point to which the needle must go in order to effectually and permanently destroy the growth of hair.

For more than ten years I have made the treatment of hypertrichosis, or superfluous hair, a subject of constant study and investigation ; that is surely long enough to qualify me to judge intelligently as to the merits and demerits of the numerous remedies that have been recommended from time to time for the removal of superfluous hair. As a result of my experience I have found that the various depilatory pastes and powders, so much extolled and long in common use, have little if any more effect than the use of a razor in permanently eradicating the growth. With the interests of my patients at heart, I have been, in consequence, continually experimenting, striving to find some safe, sure and gentle means of accomplishing *permanent* results, and I am glad to be able to say that my efforts have at last been crowned with a fair degree of success, and I take pleasure in announcing to my patrons that I have discovered a sure and safe means of operation, and one that is absolutely free from pain and applicable to the vast majority of cases. There are cases to be met with occasionally, however, in which, owing to the use of depilatories, or repeated extraction of the hair with the tweezers, the growth becomes so strong and deeply seated, and the adjacent skin thick and unyielding, that we are compelled to have recourse to electricity as the only means of relief. In such cases we employ the method which was first suggested by Hardaway as being the best, by which hair can be removed without injury to the skin. This method of operation has been gradually perfected during the past few years, until now it is universally conceded to be one of the most brilliant triumphs in the annals of dermatology.



My latest method of removing superfluous hair consists, first, in the application of a powerful, penetrating fluid to the base of each strand of hair or external aperture of each hair follicle. By means of a very fine needle, whose point has been wet with the same solution, I open and at the same time penetrate the follicle, thus allowing the fluid to come in direct contact with the nutrient blood-vessel and nerve of the hair bulb, instantly destroying them and rendering it utterly impossible for another strand of hair to grow from it. The operation is somewhat lengthy, it is true, because each follicle is

separately treated, but the good results obtained and the comparative freedom from pain are a sufficient compensation for the length of time. Bear in mind, too, that there is no scar or mark of any kind left after the operation. As each hair must be operated upon separately, the number that it is possible to remove at one time varies with different people and the location of the growth. Definite information in regard to the time and number of treatments can only be given by personal examination, for which there will be no extra charge. Patients out of the city will please notify by letter when they intend coming to have an operation performed.

See last two pages.

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# WOODBURY'S

# FACIAL SOAP

FOR THE

# SKIN, SCALP AND COMPLEXION

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Druggists, Grocers and Dry Goods Houses, or Sent by Mail.

3 CAKES FOR 1.00.

## CHAPTER XXII.

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### **Hygienic Face Steaming and Massage.**

The value of steam in conjunction with massage, as a preservative of the complexion, and as a remedy in certain skin diseases, also, as a vehicle for the application of various remedies in vaporized form, has long been known and endorsed by the medical profession. The great value of steam as a remedy and beautifier, lies in its cleansing and solvent powers. In order to possess a pure complexion, a perfectly healthy condition of the cuticle is essential, this can only be obtained by thorough cleansing and softening of the cuticle, thereby facilitating the natural action of the skin permitting the various secretions and impurities to escape through the pores. Especially is this the case with people possessing a naturally oily skin, owing to the power of the sebaceous or oily secretion, which exudes from the myriads of secretory glands in the skin, to attract dirt forming what are known as comedones, to such cases steam is especially applicable. Hitherto a great objection met with in the use of steam has been the need of a proper apparatus for its generation and application, we have for some time been endeavoring to overcome this obstacle, and we take pleasure in saying that we have succeeded in perfecting an apparatus which meets with all require-

ments. The method is entirely new, and produces the most satisfactory results, without any evidence of artificial means having been employed. It enables one to give the face a perfect Russian bath, without any debilitating effects on the system. We especially commend its use in atrophy of the cuticle, to which wrinkles are due—as by its use in connection with massage its effects are truly wonderful. Its use is also recommended in oily skin, and in connection with our other treatments. Physicians commend it highly, as it can be used for all purposes to which a vapor bath is applicable. See price list.

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### **To Consultants.**

Patients living at a distance who desire to avail themselves of our services need not hesitate because of their inability to visit us personally.

We have treated successfully patients in all the states and territories as well as in all parts of the civilized world. On application we will send a question blank which, when carefully filled out, enables us to judge correctly your disease and temperament. Those who wish to indemnify us for our time and trouble can enclose a fee of One dollar; those who do not may simply enclose stamps to prepay a reply. Those who are disposed to employ us may rest assured of one thing, and that is that we will not hazard the reputation gained at the expense of years of study and toil, by giving unwarranted encouragement or an uncandid diagnosis.

We especially invite correspondence with those who have failed to find relief under other treatment.



## CHAPTER XXIII.

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### **Irregular and Suppressed Menstruation ; Superfluous Fat ; Catarrh ; Arsenic as a Remedy in Skin and Blood Diseases.**

Uterine diseases are becoming so common that women exempt from them in one form or another, form but a small minority of the whole. Carefully compiled statistics showing that about 70 per cent. of the female sex suffering from some uterine disorder either functional or organic, and unfortunately these difficulties are not wholly local in their effects, so complex and delicate is the structure of the procurative system, and so intimately associated through the ramifications of the sympathetic nervous system, with every other organ in the body, that it cannot be the seat of disease without seriously affecting the general health. Irregular and suppressed menstruation is one of the most common forms of uterine derangements, and owing to the importance of this function in eliminating from the system certain effete elements, and in relieving the venous congestion of the uterus and ovaries which occurs periodically. It is a derangement that should meet with our most serious consideration and no time should be lost in having recourse to such treatment as is best designed to correct the difficulty. Derangements of menstruation are the result of various causes ; it may arise from a deficiency of blood to properly perform the function, to partial retention of the menstrual fluid owing to the mechanical obstruction to its flow. The most common of all causes, however, is found in derangements of the circulation in the uterus and its appendages. It is to meet the requirements of

the latter class of cases that our Pennyroyal pills are especially designed. The value of this agent as an emmenagogue has long been known to medical science. It is a powerful specific, and when prepared in accordance with the formula used by us they are certain in their action, and contain nothing that will act unfavorably on the most delicate constitution. Their great service is shown in the removal of those obscure and hidden causes resulting in derangement of menstrual function, re-establishing normal organic action, inducing rest and hope, and a more active interest in affairs of every day life.

If a certain cure for prolonged or suppressed menstruation is desired that does not involve disagreeable after effects, we commend our Pennyroyal pills; they will be sent by mail on receipt of price, securely sealed from observation. See last page for price list.

### **Superfluous Fat.**

A moderate amount of fat is conducive to good health. In spite of its function as a non-conducting substance, in impeding the escape of animal heat, and also as a store of material to compensate for waste of tissue in case of illness, when in excess it becomes not only burdensome and unsightly, but also a serious evil. There is a certain degree of obesity which is recognized as a disease. This condition may be partial or complete. Of the former we see many illustrations in fatty tumors, and in that condition commonly spoken of as "pot-belly," which is caused by fatty enlargement of the omental covering of the intestines. In general obesity we find the fatty

## *Superfluous Fat.*

accumulation about the heart, the kidneys, the breast and hips.

The causes of obesity are very numerous. It is sometimes due to hereditary inclination; over-feeding induces fat, also the habit of taking too much fluid.

The consequences of obesity, both directly and indirectly, are often more serious than is generally believed. Without taking into consideration the many inconveniences, which are in themselves sufficiently annoying to make the sufferer anxious to reduce her weight, it is generally conceded that obesity does not conduce to either strength or long life. The function of various vital organs is constantly impeded, giving rise to serious disorders, such as apoplexy, fatty degeneration of the heart, the kidneys, liver and of the lungs; it also is a common cause of sterility among women.

We have devoted careful study and attention to the treatment of this affection for years past, and we now offer it as our opinion that superfluous fat may be safely diminished—thanks to the light which has been shed by physiological chemistry on the production of fatty tissue, and our knowledge of the respiratory function in removing carbon from the blood!

Our treatment consists in the scientific application of certain vegetable and alkaline remedies in the form of a pill, which produces reduction of weight by absorbing the fatty tissue at the rate of about ten pounds per month, and that without in any way injuring or impairing the function of the internal organs. Patients desiring treatment will be given all information desired on application by letter or in person.

**Catarrh.**

There is no affection of the breathing apparatus, excepting actual consumption, that more effectually obstructs and interferes with the function of respiration than catarrh. The profuse mucous secretion forming in the nasal cavities passes downward into the larynx and bronchial tubes, and oftentimes into the air-vessels of the lungs themselves, so obstructing the passage of air in the act of respiration that the blood is only partially relieved of these elements and insufficiently vitalized by oxygen. Catarrh is a very common complaint; at some period of life almost every one has touch of it, and there are many who never knew what it is to be free from this troublesome disease. Many people are affected with this disease without being conscious of it, imagining that the profuse secretion of mucus is but the natural secretion of the mucous membrane. This is a grave error, as the secretion from the nasal mucous membrane in health is only sufficient to keep it moist and free from dryness. A profuse discharge from the mucous membrane is always indicative of a diseased condition, and should receive immediate attention. To enumerate all the symptoms, local and general, that characterize catarrh, acute or chronic, would be a task that space will not permit us to essay. In some cases it presents no evidence of its existence other than the disagreeable accumulation of phlegm in the air-passages. In others it is attended with severe headaches over both eyes, dullness of hearing, ringing in the ears, tickling in the throat and cough, foul and offensive breath, and in some cases ulceration of the nasal membranes. Perma-

nent deafness is often directly traceable to catarrh, and a loss of taste and smell is a common occurrence.

When catarrh outlasts the cold which is a common cause of it, it may be properly said to have become chronic. The mucous membrane becomes very much thickened, and there is visible on examination small and inflamed patches on its surface. The secretion becomes acrid, and inflames and irritates the membranes with which it comes in contact. In all cases where any predisposition to pulmonary disease exists there is serious danger of threatening lung complications.

Most serious constitutional disorders are oftentimes directly due to systemic poisoning, the result of chronic catarrh. The disease in itself is strictly a local one and is due to local causes ; hence all treatment designed to effect a cure should be local—applied directly to the part involved. When associated with an impoverished condition of the blood or nervous debility, of course, due attention should be paid to such complications. In the practice of our specialty of diseases of the skin, we have met with numerous cases of catarrh where it has played an important part as a factor in the causation of various eruptions and diseases of the skin. The success of our treatment of this disease has been phenomenal, and in consequence of repeated solicitations we have determined to place our treatment at the disposal of patients living at a distance. The remedies are applied to the throat by means of a spray or douche ; and their effects in relieving the thickening and congestion and checking catarrhal secretion are truly wonderful. They are perfectly harmless and can be used with the positive

assurance of immediate benefit in the worst cases. Full particulars by mail on application. See price list.

### **Arsenic as a Remedy in Skin and Blood Diseases.**

While the vast majority of skin diseases characterized by eruptions on the face are directly due to local causes, there are certain internal derangements which render the patient peculiarly susceptible to external influences, manifesting themselves in a disordered condition of the skin. Among these may be mentioned indigestion, torpid liver, constipation and nervous debility, manifesting themselves in a muddy, coarse complexion, dullness of the eyes and lack of expression, owing to a flabby condition of the facial muscles, and any pre-existing skin diseases, such as acne, are very much aggravated by disorders of digestion and assimilation. The effect of our *Compound Arsenic Tablets* in this class of cases, when used in conjunction with our other special treatments, is truly wonderful. Eruptions quickly disappear, the skin takes on the clear, blooming hue of health, the eye regains its brilliancy, and feelings of tired languor and nervous depression give place to the elastic vigor and strength which characterize perfect health.

Compound Arsenic Complexion Tablets are made by a special process, whereby the arsenic is deprived of its toxic or poisonous properties. While its value as a blood alterative and nerve tonic is in no way impaired taken in accordance with our instructions, we can assure the patient of absolute freedom from any injurious effects. For terms see price list.

## CHAPTER XXIV.

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### **Dyspepsia ; Constipation ; Leucorrhea ; to Consultants.**

Disorders of digestion are among the most common of all diseases afflicting suffering humanity, and one of the most far-reaching in its effects on the general health, as, owing to its immediate nervous association, the brain at once enters into sympathy with the stomach whenever there is any disturbance of its functions. So intimately are the stomach and head connected through the medium of the great sympathetic system, that mental disturbances will not only produce loss of appetite but also disturb the process of digestion which, in its turn, causes depression of spirits, hypochondria and almost insanity.

The disease, though so common, often proves the despair of the physician. The reason for this will become apparent when we consider those circumstances which require to be united to insure a perfectly healthy digestion.

- 1st. A proper quantity and quality of the food.
- 2nd. Sufficient mastication and salivary secretion.
- 3rd. A healthy condition of the muscular coats of the stomach.
- 4th. A proper quantity and quality of the secretions of the stomach, liver and intestines.
- 5th. A consecutive and harmonious action of the intestinal canal.

Dyspepsia may be produced by any cause which occasions derangement of any one or more of these conditions.

The most common causes of dyspepsia every one is familiar with. Excesses in eating and drinking are the most frequently met with. The excessive use of alcoholic liquors irritates and inflames the coating of the stomach, thus leading to dyspepsia. The immoderate use of condiments also induces inflammation of the lining of the stomach. Over distention of the stomach from excessive eating leads to dyspepsia, by producing debilitation and impairing the muscular coat of the organ.

There are other conditions which predispose and perpetuate this troublesome disease that demand our most serious attention. I refer more especially to impure blood and derangements of the nervous system. A disordered condition of the blood renders the stomach more susceptible to attacks of inflammation and irritation. The symptoms which characterize dyspepsia in this class of cases are numerous and varied in their character. They are palpitation of the heart, trembling of the pit of the stomach, loss of flesh, disturbed rest, great and continued depression of spirits, and mental and physical apathy; the muscles of the body become weak and flabby; there is tenderness in the region of the stomach felt upon pressure; the extremities are cold and rigid; the skin becomes dry, rough and pale or hot and burning.

Eczema, acne and many other diseases of the skin frequently owe their origin to disturbances of digestion.

Other symptoms that characterize all forms of dyspepsia are loss of appetite, acidity of the stomach, heartburn, vomiting, flatulence and palpitation of the heart.



Our knowledge of the offices performed by the gastric biliary and pancreatic secretions in digestion have greatly advanced in recent years, and, as a result, our treatment is attended with most gratifying results.

It is utterly impossible to lay down a line of treatment that would be applicable to all cases. Disorders of digestion may arise from a variety of causes. Starting with a clear and comprehensive idea of the nature of the trouble we are prepared to give such treatment as will *cure causes as well as effects*, and at the same time be of no more trouble than the regular habits of life, while it works silently on the system, rousing the healing power of nature, aiding it in regulating every diseased condition of the mental and physical organization.

Full particulars in reference to terms and mode of treatment by mail, furnished on application.

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### **Constipation.**

The immediate causes of constipation are, a disordered liver resulting in an insufficient secretion of bile ; the use of food that is too great an absorbent of the fluids ; the habitual use of concentrated nutrition ; overeating by which the digestive apparatus and intestines are severely distended ; resulting ultimately in a relaxation of the muscular fibres of the bowels, so that they contract feebly ; tight lacing, weakness of the abdominal muscles, and paralysis of the rectum. The remote causes are sedentary, and other habits which tend to depress the nervous energy, and weaken those forces which give activity to the various parts. Blood impurities in many cases intercepts nerve force producing practically the same results. Everybody who has ever been afflicted with

constipation is familiar with its effects ; the crowded, distended feeling of the bowels, feelings of drowsiness and lassitude, and in many cases, profound nervous depression. In the treatment of constipation the causes being comparatively unknown to the popular mind, we cannot discourage too strongly the pernicious habit that is so common, of the indiscriminate use of physic. It only gives temporary relief, and ultimately leads to an aggravation of the evil by over stimulating the delicate mucous lining of the bowels, impairing its sensibility and function.

The wonderful success that has attended the use of our remedy for constipation (which trouble is frequently a remote cause of skin diseases) has impelled us to place it in our list of remedies. We wish it distinctly understood that this remedy is in no way *cathartic* or *physic*. It cures by its action as a tonic to the nervous system by promoting a normal secretion of the bile from the liver, and restoring the normal sensibility of the lining membrane of the intestines. It can be used by the most delicate persons without any unpleasant effects, and a short course of this remedy is all sufficient to cure the most aggravated case. It is prepared in pill form and is sent securely sealed to any address. See price list.

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### Leucorrhœa.

Among women this disease is generally better known by the name of "whites ;" at the outset the disease is characterized by the discharge of a thin, watery fluid from the vagina. As time passes on the discharge becomes more profuse and undergoes many changes in its appear-

ance, presenting in its advanced stages either a greenish yellow or brownish appearance. The disease is characterized by various symptoms, such as a great degree of lassitude, especially in the morning; fainting, loss of appetite, sympathetic disturbances of the heart's action, shortness of breath, extreme paleness, dark circles under the eyes, and pain in the back and loins. Leucorrhea is a disease which is very prostrating in its effects; the symptoms are of a most distressing character, and the constant drain on the system, if not checked, ultimately leads to serious organic changes in the uterus and its appendages, to irritability of mind, nervousness and profound mental depression. Leucorrhea is a catarrhal affection of the lining membrane of the uterus or vagina, the causes which produce the disease may be divided into two classes, viz.—predisposing, and exciting or immediate; the predisposing causes, which produce this disease are vascular impurities and various nervous derangements.

Of the exciting and immediate causes, the most common is the irritation of the mucous lining of the uterus and vagina, due to the decomposition of retained menstrual fluid. If proper regard were paid to cleanliness, this troublesome affliction would be very rare. After the age of puberty and the establishment of the menstrual function, the vagina should be thoroughly irrigated with *pure water* at least every other day, and within twenty-four hours after the cessation of the menstrual flow there should be a thorough washing out of the vagina with warm water in combination with some mild antiseptic. The most popular method of treatment is the use of astringent injections, but, however, much relief

may be obtained in this manner, it is invariably of the most temporary nature unless it is accompanied with such medicaments as will improve the general health, and impart vigor to the tissues involved. A bad case of leucorrhœa is of quite too serious a nature to trifle with, it should not be neglected, it is liable to assume a troublesome and prostrating form, which terminates in serious organic disease of the womb, and oftentimes in premature decline and death. We are glad to say that this disease, in any form, is not necessarily incurable. Our special treatment for leucorrhœa is the result of years of patient investigation and research, and in ordering same you summon to your aid the skill of one of the most eminent and famous physicians of modern times. Thousands of the most aggravated cases have yielded to its virtues, and it never fails to give permanent relief in a single instance. The remedy will be sent to any address with full directions for using. See last page for price list of treatments.

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### **To Consultants.**

Patients living at a distance who desire to avail themselves of our services need not hesitate because of their inability to visit us personally.

We have treated successfully patients in all the states and territories as well as in all parts of the civilized world. On application we will send a question blank which, when carefully filled out, enables us to judge correctly your disease and temperament. Those who wish to indemnify us for our time and trouble can enclose a fee of One dollar ; those who do not may simply enclose stamps to prepay a reply. Those who are disposed to employ us may rest assured of one thing, and that is that we will not hazard the reputation gained at the expense of years of study and toil, by giving unwarranted encouragement or an uncandid diagnosis.

We especially invite correspondence with those who have failed to find relief under other treatment.

# CHAPTER XXV.

## SOME INTERESTING SURGICAL OPERATIONS

### FOR THE

### CORRECTION OF FACIAL DISFIGUREMENTS

### AND IMPERFECTIONS.

Plastic surgery has attained that degree of perfection in the past few years that its possibilities are almost unlimited, especially when applied to the correction of anomalies of facial development and the removal of vari-



OUTLINE OF OPERATION  
FOR HORIZONTAL  
WRINKLES.



OPERATION COMPLETE  
FOR HORIZONTAL  
WRINKLES.

ous disfigurements and imperfections of the skin, whether due to injury or to congenital causes. A brief description of a few of these operations will prove of undoubted interest to the reader, as during the past few years the brilliant results attending these operations at our hands have attracted the attention of the people throughout the United States, and have received the highest encomiums from the public press throughout the country.

Among the many interesting operations may be mentioned, first: for the permanent removal of wrinkles on the forehead. This is accomplished by making a hori-



VERTICAL WRINKLES.



OPERATION FOR VERTICAL WRINKLES.



AFTER OPERATION.

zontal incision through the integument of the forehead at its junction with the scalp; a second incision, in form of an ellipse, completes this part of the operation, after which the tissue bounded by the incision is dissected out

and the edges brought together, thus overcoming the relaxation which results in formation of wrinkles, without leaving any visible trace.

Another operation is for the removal of vertical lines between the eyes, and the disfiguring cushion of flesh caused by a habit of scowling and by wearing eyeglasses. This disfigurement is wholly remedied by two vertical incisions, including a small area of tissue, which, being removed, and edges of the wound brought together, entirely removes the disfigurement.

A deformity of the ear frequently met with is produced by a laceration of the lobule, from the violent removal of



A TORN EAR.



THE OPERATION.

an earring ; or the constant wearing of heavy pendants produces inflammation, resulting in great enlargement of the lobe, until it presents an unsightly appearance. This troublesome deformity is entirely remedied by a simple operation, rendered entirely painless by the use of cocaine.

Other operations of interest are clearly described in the article on page 137, which is a copy of an interview which appeared in the *New York Sun* of September 11th.

**Facial Paralysis.**

This is a common cause of various types of facial deformity, and is characterized by a sudden paralysis of the muscles of expression on one side of the face. The facial fold or line, which extends from the nose to the angle of the mouth, is obliterated, giving to that side of the face a blank appearance, while the sound side exhibits all the varied and individual expressions of the human countenance. In some cases the deformity is not so marked, being limited to a slight inequality of the facial lines, a drooping of the corner of the mouth on one side, a peculiar staring expression of one eye, or a drooping of the lid, commonly known as ptosis.

This condition may be slight and exist for a few days, or it may be severe and continue for months and years. A very small proportion manifest a tendency to a spontaneous cure.

The distortion of the features resulting from facial paralysis constitutes a sad deformity, and is a source of great misery and distress to the unfortunate sufferer. Under proper treatment a cure is easily effected. The methods used by us are both rational and scientific, including massage and the application of electricity, from which we obtain most brilliant and satisfactory results. Patients desiring consultation can do so in person or by mail.

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**How Dimples are Made.**

A dimple in the cheek or on the chin is commonly regarded as a most important adjunct to beauty of features. To reproduce by artificial means this mark



of nature has hitherto been deemed beyond the range of possibility. However, thanks to modern surgery, it is now possible to produce a dimple so closely resembling the natural one that it is impossible to tell them apart. It is a comparatively simple operation in the hands of a skillful operator. It consists in introducing a knife of needle-like fineness under the skin and subcutaneously dividing a few muscular fibres, after which the skin is pressed down into the cavity thus formed, producing a dimple when adhesion has taken place, without scarring or disfigurement.

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WOODBURY'S  
FACIAL SOAP  
UNEXCELLED FOR THE  
Skin, Scalp and Complexion.

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FOR SALE BY  
Druggists, Grocers and Dry Goods Houses, or Sent by Mail.  
3 CAKES FOR 1.00.

*From the New York "Sun" of September 11, 1892.*

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# COMELY FEATURES.

If You Don't Like Your Nose Have it Altered.

**SURGICAL WIZARDS CAN CHANGE IT.**

**By a Touch of Their Lancet Pug and Roman Noses Transformed, and Crooked Noses Straightened.**

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For a reason that has never been fully explained pug-noses are not popular, even where they have been known to be becoming to certain types of pretty faces, says the *New York Sun*. It will be glad news to possessors of the retrousse pattern of nose, therefore, to hear that persons who have pug-noses and don't like them, can part with them, and adopt those of a more approved pattern in a week's time. A still more sensational surgical fact

is that those who have big mouths can have them reduced in size by a similar feat of surgical magic, or can have them made bigger if they think their mouths are too small. Large mouths are, if anything, even more popular than "turn-up" noses, despite the fact that phrenologists assert that, like big noses, big mouths are indicative of the possession of a large heart and an amiable disposition.

A man with a mouth of normal size, adorned with a mustache of graceful outline, made the announcement that the doctor's lancet could now accomplish this astonishing sort of surgical



trickery as nonchalantly as he might have said that a cook could peel a potato or slice a tomato. He sat in a parlor in West Forty-second street, and spread before him were photographs from life which proved the truth of the statement that he afterward made. He was Dr. John H. Woodbury, a dermatologist, who has devoted several years to the delicate job of transforming the countenances of patients who objected to the noses, mouths and ears that nature had given to them.

"It is the easiest and in one sense the simplest thing in the world to change your face if you want," he said quietly, "and the feat is being accomplished now every day on the faces of persons who think that another style of countenance would become them better than the one with which they were born. Experience proves that their noses give folks more bother than their ears or their mouths. They want pugs or Roman noses or crooked noses made straight, and straightening them up for these patients has developed into a genuine surgical art. The transformation of a woman's pug-nose, or a retrousse nose, as we call it nowadays, into an aquiline nasal organ that will be an ornament to her face, is the simplest of the feats of improved dermatology, and is the operation which is performed most frequently."



"How do you get rid of the pug?" said the visitor, eagerly.

"By cutting away the cartilage of the septum, or the tissue wall that separates the nostrils.

"Anybody who thinks for a moment of what makes a pug-nose point skyward will recognize how rational the remedy is, so to speak. A small V-shaped section is cut out of the cartilage between the end of the nose and the point of juncture with the upper lip, and the edges of the cut are then sewed together with thin thread. Cocaine is sprayed on the nose to make the operation painless. When the cartilage has been removed and the edges of the wound drawn together, the operation, as you can readily understand, draws the point of the nose downward



THE PUG REMODELED.

to a graceful angle. This angle can be regulated at will by carefully judging the amount of cartilaginous tissue to be cut away. The drawing down of the point of the nose naturally spreads the nostrils, which would be as unsightly, perhaps, as the elevation of the end of the nose. This spreading is prevented by the use of a metallic clasp which is called a 'nose vise.' It consists of

two thin, flat, semicircular bars of metal, about two inches in length and about a quarter of an inch in width. They fasten together in parallel surfaces, with a screw at either end. This little nose vise is slid down over the end of the nose, with the curved edge of the parallel bars turned outward, and the screws are tightened until the metal presses the nostrils against the septum tight enough to keep them from spreading. The vise is put on the nose at night, and kept on for several hours, being held in place by



THE MACHINE.

a silk bandage, which passes over the ears and ties behind the head. It is possible to go to sleep with your nose literally in a vise. The wound made by the operation heals in three or four days, the nose vise is removed, and behold! the objectionable pug of a few days ago has become aquiline in its outline, and the face that has been marred by the skyward tilt of the nose has become handsome. A few weeks later all mark of the magic transformation will have disappeared. The rapidity with which the change can be made is one of the marvels that illustrate the immense stride that has been made in the science of dermatology."

"But how about a Roman nose? How do you get rid of the hump?"

"Easier," replied the surgeon—"easier, if anything, than we banish the pug feature. The flesh of the nose is cut on either side of the hump, a hook is inserted in the flesh, and it is held away from the bone by an assistant. It doesn't seem pleasant to think of having a hook stuck in your nose; but that is mere sentiment, for it doesn't hurt when cocaine has been spread on the flesh. While the skin is raised a steel bur, which is a small drill run by an electric motor, is pressed against the hump of the bone, and the hump is quickly ground away. All that then remains to do is to take the hook out of the skin of the nose, trim the edges where they have been cut, sew them together, bandage up the nose and wait for it to heal. When it does, the removal of the bandage reveals a nose that hasn't the slightest suggestion of the noble old Roman hump to it.

"Crooked noses that will land men either in the roadway or up against the side of a house if they were to follow their noses, and noses that have been smashed, can be quite as readily straightened and mended. The operation by which John L. Sullivan's nose will be rebuilt after Champion Corbett's demolishing blow upon it, will illustrate the method and ease with which such things can be done nowadays. It is possible to skillfully conceal the fact that a nose has been smashed down on a man's face. This is accom-



THE WAY TO MAKE THE MOUTH SMALLER.

plished by creating an artificial bridge. This is done by inserting a lancet called a needle knife in the side near the upper part of the nose. The needle knife is a lancet with a thin and narrow blade about half an inch long on the end of a round bar like the handle of a small button-hook. It is a delicate implement, exactly suited to the purpose. The knife can be inserted in the flesh, and the latter cut away from the broken bone, without enlarging the hole made by pushing it into the flesh when the operation is begun. When the flesh has been entirely separated from the broken bone it is bunched at the point where the bridge originally was, and kept bunched by a plaster mold until the wound has healed. When the operation has been properly performed, a perfect artificial bridge is the result of the experiment.

"All that is necessary to straighten a crooked nose is to insert a pair of nasal forceps over the septum cartilage and push it in the direction opposite to its original turn, either to the right or the left, pushing it hard enough to splinter the cartilage at the point where it begins to deviate from the medial line. When it is splintered a metal plug is inserted in the nostrils, and the splintered cartilage is allowed to heal, which it does quickly. The nasal plug used is a piece of metal with a needle-point. This needle is thrust upward through the septum and holds the cartilage straight on the medial line until the nose has healed,"



METHOD OF ENLARGING  
THE MOUTH.

"Aren't these queer doings with the knife and needle and forceps dangerous?" was asked.

"Not where proper care is taken and the operator knows his business. There is always danger of inflammation in surgery unless one is cautious, but I have never in my experience in making over noses known of an instance where evil effects have followed the operations. Modern antiseptic appliances have reduced the dangers of this kind of surgery to a minimum, and the rapidity with which the wounds heal is another element that insures success."

"Did you really mean it when you said a few minutes ago that a doctor can make a woman's mouth smaller?" the visitor inquired in a dubious tone.

"Mean it?" retorted the surgeon, "of course I do. It is another of those feats that are easy enough when you know how. It has been tried with success. The method is to cut the flesh of the mouth both outside and inside along the edge of the vermilion border of the lip at the corners of the mouth. A small section of this vermilion flesh is removed by dissection, and the edges of the lips are then drawn together at the corners and sewed together and allowed to heal as in other operations. The healing process occupies less than a week sometimes. But while the oper-

ation is accomplished by simple means, its success as to appearance depends upon the skill of the surgeon. It is an operation of the most delicate description, and the greatest care has to be taken in judging of the amount of flesh to be dissected from the lips. Recently I was called upon to enlarge the mouth of an insurance broker of this city. His mouth had become sore at the



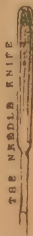
REFORMING A PUG-NOSE.

corners, and when the violent inflammation had subsided he found that his lips had become drawn at the corners of the mouth so that he could not open his mouth as wide or as readily as before. I cut into the flesh at the corners of the mouth and dissected away a small portion of the flesh after removing the outer and inner skin from the parts that I proposed to take away. Then I drew the layers of the outer cuticle together and sewed them together. They healed

in three days, and the broker was able to use his mouth as freely as before it became diseased. It was a mere reverse of the operation by which the size of the mouth is reduced.

"Dermatology has, furthermore, supplied quite recently the means of successfully remedying deformity of the ear. Ears that project from the head in an unsightly way, or which have hanging lobes that mar the owner's personal looks, are readily restored to a normal appearance. The uncouth projection of the ear from the head is corrected by cutting the flesh of the ear at the point where it joins the head, and then making an elliptical dissection and removing a section of the cartilage near the head. The several edges of the ear about the wound are drawn together and sewed. The surplus of cartilage that made the ear project from the head having been removed, the ear when it heals is no longer unsightly and rests close to the head. A V-shaped dissection of the outer edge of the ear and the removal of a small section of the cartilage will summarily remedy the defect of the misshaped lobe.

"In short," said the surgeon in conclusion, "dermatology has now attained to such perfection that its possibilities are almost limitless. With the skin-grafting method, now practiced with such success, it is possible to completely change the expression of the human face. Literally, all that a man or a woman who doesn't like the face he or she possesses need do to secure contentment is to go to the doctor and get a new face; for, as you know, the nose and mouth and ears have more to do with beautifying or marring the countenance than anything else excepting the eye. No one need put up with uncouth features who will appeal to the improved surgery of to-day. It corrects the seeming errors of nature, and makes plain faces pretty with a success that is marvelous."



## USE WOODBURY'S FACIAL SOAP.

### Facts, not fiction, convince.

The following are the facts upon which Woodbury's Facial Soap is recommended, for beautifying, whitening and preserving the complexion.

1st. It is unexcelled as a Toilet Soap for all bathing purposes, thorough in its action as a cleanser and beautifier of the skin, curing all pimples and eruptions.

2d. Facial Soap replaces cosmetics, powders and lotions, and counteracts their injurious effects. Money and skin saved by its use.

3d. It removes excessive oil from the skin, renders it soft, smooth and velvety to the touch.

4th. It contains a disinfectant, and is of excellent use in hospital wards, and for the cure of contagious eruptions.

5th. It is especially recommended for physicians' use, and when once used will prove its claims. Receipt of ingredients furnished to physicians.

6th. It is invaluable for shaving, preventing disease, allaying irritation, cleansing and healing in its nature. A sweet, pure and clean skin guaranteed after its use.

7th. It is used for washing the Hair and Scalp, and acts like a tonic, preventing dandruff, tetter and eczema; gives to the hair a fresh, glossy appearance, prevents its falling, removes excessive oil, and makes the hair soft, light, and pliable, increasing its growth.

8th. Black heads do not linger after their first introduction to this, their enemy. All old, discolored secretions depart, the skin presents a fine, smooth, glowing appearance that is soon apparent; beauty and health of tissue is the result.

9. It is portable, easy of use, always at hand. Can be freely used as a beautifier without invidious remark. Every person should have it in constant use.

10th. Where soft coal is burned it is the only Soap that will successfully combat the dirt-laden air and keep your beauty and complexion intact. Use and prove.

11th. For removing the make-up of actresses it is excellent. It dissolves quickly and thoroughly all paints, powders and lotions of all kinds.

12th. It is used for sore, inflamed feet with soft corns. A small piece of soap is bound upon the corn at night, and will quickly give relief.

13th. For excessive perspiration of any part of the body this soap accomplishes wonders, removing all odors of perspiration.

14th. For shaving purposes it is made in the form of shaving sticks, at 25 cents each, and barbers' bars at 15 cents each, or two for 25 cents.

**FOR SALE BY ALL DRUGGISTS OR SENT BY MAIL, 50c.**



## **A Few Specimen Extracts from Testimonial Letters.**

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*These Testimonials are Genuine and can be seen at our Office.*

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### **Eureka, Ill.**

I am troubled with pimples. I have used two cakes of your soap, and consider it the best soap for the skin that I have ever used.

### **Ador River, Mich.**

Please send me two more cakes of soap, as I find my complexion greatly improved by using one cake.

### **McHenry, Ill.**

I gave away part of my cake of soap, as it did me much good. was thankful and wished to have others try it.

### **Chicago, Ill.**

Have used several cakes of your Facial Soap, and have found it the best ever used.

### **Portland, Me.**

Have used your Facial Soap for a year and find it excellent.

### **Gallatin, Tenn.**

I have been trying your Facial Soap and think it the very best of any kind I have ever used in my life, and will not only adopt it myself but will recommend it to my friends, as I have already been doing.

### **Granville, N. Y.**

The soap is doing good work. It keeps the pores clean and does not irritate; also it banishes all black spots. I tried other soaps before yours and was not at all benefitted—while the Facial Soap is acting as a tonic and cleanses the skin in quite a remarkable degree.

### **Oregon.**

Your Facial Soap is the only soap that can be used that will not roughen the skin.

### **St Louis, Mo.**

I recommend your Facial Soap to all my friends, and will use no other.

### **Rochester, N. Y.**

Have used your Facial Soap for six months, and would not do without it.



## *Testimonials.*

### **Port Chester, N. Y.**

Please send me your treatment for pimples. I have used already your treatment for red and oily nose, and am very much pleased with it. A. F. G.

### **Galesburg, Ill.**

Please send me your medicine for removing superfluous hair. Your instrument for shaping the nose, is in every way satisfactory. C. A. J.

### **Auburndale, Mass.**

Please send me treatment for keeping the skin clear, smooth and transparent. The treatment for moles worked immensely. A. S. P.

### **Brooklyn, N. Y.**

I have had no trouble with offensive perspiration since using your remedy. M. B. M.

### **Salt Lake City, Utah.**

I like your superfluous hair remover very much. Think after a few trials it will do all that is claimed for it. MRS. K. L.

### **Keyser, W. Va.**

Enclosed find fifty cents, for which please send me another cake of your Facial Soap. I think it excellent. Miss. N. R.

### **Berlin, Conn.**

Will you kindly send me your preparation for oily skin, which I hope may prove as satisfactory as the moth lotion. M. H. W.

### **Jamestown, Dak.**

The treatment you sent me by express in March, am pleased to say has cured me entirely and I only used two-thirds of the medicine. Shall do all I can to have others use your medicine that are troubled with Eczema. G. A. P.

### **Binghampton, N. Y.**

I am delighted with your special treatment for freckles. All my friends want to know how I did it. MRS. L. B.

### **Boston, Mass.**

The soap is doing good work. It keeps the pores clean and does not irritate. Also banishes all black spots. A. W. G.

### **Westboro, Mass.**

I am much pleased with treatment. Wart removed sooner than expected. MRS. E. L. C.

### **Naugatuck, Conn.**

It is no more than one month since I began your treatment, and it has helped my face very much. I look ten years younger than on the day I visited your office. My face has regained its natural roundness. C. E. R.

**Virginia.**

I have used your Facial Soap in several cases in my practise, especially for disease of the Skin and Scalp, and find it invaluable and would not be without it for double its cost.—C. P., M. D.

**Chicago, Ill.**

After using your Soap am glad to state that the oily appearance of my skin quite disappeared.

**Littleton, N. H.**

Have used your Facial Soap for some time, and find it perfection itself.

**Fishkill on Hudson, N. Y.**

Have used your Facial Soap, and my pimples have almost entirely disappeared. Once in a great while one comes, but they are not so hard as they used to be.

**Washington, D. C.**

Nearly a month ago you sent me a cake of your Facial Soap for use which I used according to your directions.

Allow me to thank you, for it has done me more good than anything I have ever used.

**Junction City, Kan.**

Your treatment for pimples is splendid. It is the first thing that ever done me any good, although I have used a great many remedies.

J. C.

**Streator, Ill.**

I will write you these few lines to let you know of the wonderful improvement your treatment has given my hair and scalp.

L. C.

**Worcester, Mass.**

Please send me treatment for the hair, and you may send me another treatment for moth and freckles, the result has been very wonderful. The whole household is wild about it. Miss N. H. I.

**Milford, Ill.**

My nose is getting better, I think one more bottle will cure it all up.

M. D. W.

**Rochester, N. Y.**

Please send me your book; I have used your soap over six months and would not be without it.

J. S.

**Como, Colo.**

I received that stimulant of yours; the party is highly pleased and wishes me to send for the same, for growing a moustache.

J. B.

Brooklyn, N. Y.

After spending a great deal of money without obtaining relief, I take pleasure in informing you that a six weeks' course of your remedy for Leucorrhœa has entirely cured me. I shall recommend it to all my friends.

MRS. M. W. C.

St. Louis, Mo.

Enclosed please find \$2 for which send me your treatment for Leucorrhœa. I have used your remedy now for six weeks and am perfectly well to all intents and purposes, after suffering for years. Yours is a wonderful remedy.

MRS. W. S. W.

Philadelphia, Pa.

After taking two boxes of your anti-constipation pills. I was cured after suffering for *ten years*. I have taken no medicine for over two months. I shall always take pleasure in recommending them.

F. W. P.

Rochester, N. Y.

Your compound arsenic tablets have done so much for me that I owe you an everlasting debt of gratitude. My complexion was in a terrible state until I commenced using them in connection with your special treatment. The eruptions have now all disappeared and my friends all remark the wonderful change. I shall always take pleasure in recommending them.

Mrs. F. M. K.

Nashville, Tenn.

Your Pennyroyal pills were recommended to my wife by a friend, and she has used two boxes with the most gratifying results. Enclosed please find \$5 for which send me three boxes, as we would not be without them.

G. B. F.

Dunnsville, N. Y.

Your facial soap is all that is claimed for it. A very handy article in practice.

DR. W. G. D.

Elizabeth, N. J.

Your treatment for blackheads has proved satisfactory.

W. E. B.

Evansville, Ind.

I am much pleased to say that your treatment for pimples has done me much good.

G. J.

Braunstown, W. Va.

Enclosed find 50 cents for which remit me one cake of your soap. It is peerless in its action on the skin. It beautifies, clears and whitens it, and its tendencies are to remove all eruptions.

A. W. EPLIR.

NOTE.—Above name published by special request of party sending testimonial.

Granville, N. Y.

I consider your facial soap the finest I have ever used.

MRS. T. G.

Richmond, Ky.

Please send me another bottle of hair and scalp treatment it has done me much good. Your soap, I am much pleased with. I told our druggist if he would carry it in stock, I would prescribe it.

DR. C. S. H.

Marion, Iowa.

Enclosed find \$1 for soap. I like it better than any I have ever used. Before getting your soap I had used Cuticura for six years.

Mrs. M. E.  
Chicago, Ill.

Your treatment for catarrh has done wonders for me. I had suffered from this horrible disease for years, and had spent hundreds of dollars without finding relief until I ordered your treatment. Now, after six weeks' use, I am entirely well, and I shall always remember you with feelings of deepest gratitude.

R. W. M.

Hartford, Conn.

Your anti-corpulent pills have proven to be all you claim them. I am delighted with their effects. Please give enclosed order your immediate attention and oblige.

M. B. D.

Laramie, N. Y.

I enclose \$3 for which please send me your treatment for superfluous hair. I like it better than anything I have ever used.

S. E.

Bemus Heights, N. Y.

I have used your treatment for Freckles and it worked splendid.

T. G.

Monmouth, Me.

I am expecting to write you soon that I am entirely cured. I am more than 50 per cent. better than I have been for some time. I would not forfeit the acquaintance which I have made with you for a small fortune.

M. L. G.

St. Petersburg Flo.

I have used your soap for Dandruff, and it entirely removed it.

C. W. B.

Pittsburg, Pa.

Your remedy Dermaform, for removing moles and superfluous hair, has given perfect satisfaction.

P. N. D.

Jersey Shore, Pa.

Please send me one cake of your soap. Have used one cake and find my complexion greatly improved.

F. J.

Brooklyn, N. Y.

Have used your soap for Pimples and Blackheads with remarkable results.

H. A. M.

Waltham, Mass.

Your treatment for moles received. I think it one of the greatest remedies of the day. I removed two large moles from a lad's face without leaving any scar whatever.

R. E. B.

Washington, D. C.

Though I commenced using your Pennyroyal pills with little hope, I am surprised and gratified to be able to report that after commencing on the second box I was perfectly relieved and have been regular ever since. I shall always take pleasure in recommending them to my friends.

Mrs. S. S.

Chicago, Ills.

Enclosed please find two dollars (\$2.00) for which send me two boxes of your anti-constipation pills. They have cured a friend of mine who had suffered for years, and I am anxious to try them.

MRS. J. B. D.

Boston, Mass.

I must say your anti-corpulent pills are the best remedy ever known. Have taken two boxes and lost 20 pounds, never feeling better in my life. I shall always recommend them.

D. D. S.

Philadelphia, Pa.

After suffering from catarrh in my throat for eight years, I am happy to say that I am entirely well, thanks to your wonderful treatment for Catarrh. I shall always recommend it to anyone suffering in a similar way.

J. B. L.

New Orleans.

The face steamer arrived safely and to say I am delighted with it, expresses it mildly. I have used it now for two weeks in connection with your special treatment and the eruptions have almost entirely disappeared. I shall recommend it to all my friends.

MRS. C. R. S.

Albany, N. Y.

I consider your face steaming apparatus a household necessity. My face which was covered with wrinkles is now perfectly clear and smooth. I would not be without it.

MRS. H. R. F.

Arctic, R. I.

Have used one bottle of your treatment for Moth, and it has done me much good.

P. D.

Muncy, Pa.

Your soap has done me more good than anything I have ever used, the itching is much better.

J. L.

Chicago, Ill.

The cake of soap I received from you has done me so much good that I do not think I need anything more.

G. G.

Hawley, Minn.

Your preparation for removing superfluous hair, works admirably. Am much pleased with it.

O. A. J.

New York.

Have used your soap for pimples and have been very much improved in appearance. It is more than magic.

Miss A. McD.

Boston, Mass.

I have used your Dermaform in my practice and so far it has given me satisfaction.

DR. C. A. G.

New Bedford, Mass.

Have been successful in removing warts and superfluous hair in several cases with your Dermaform.

DR. J. P.

Helena, Mont.

After a thorough trial of your remedy Dermaform for warts and moles, I have been successful.

C. K. R.

Brooklyn, N. Y.

Please send me at once another bottle of your nerve tonic. Enclosed find my check for same. I have taken one bottle with most satisfactory results, it is a wonderful remedy and should be used by all sufferers from nervous disorders.

MRS. H. W. C.

New York, N. Y.

Enclose you will find \$5, for which send me six boxes of your Compound Arsenic Tablets. I have used two boxes and the effect on my skin has been wonderful, all the eruptions have disappeared and I never enjoyed such good health.

MRS. C. S. R.

New York City, N. Y.

For over three years I was a sufferer from nervous debility and insomnia, and I had almost despaired of ever obtaining relief till I used your treatment. I have been using the remedy now for three weeks, and the change in my condition is wonderful; am sleeping well, awake feeling refreshed and feel like a new man, and have every confidence in a complete recovery.

H. W. F.

Lancaster, Pa.

Please send me one dozen of your facial soap. I find its effect on the skin so marvelous that I shall never be without it.

J. M. H.

Somerville, Tenn.

Please send treatment for superfluous hair. I find your freckle lotion excellent.

Miss M. I.

San Jose, Cal.

I have used your remedy for moles and found it successful.

E. S.

Tellurids, Col.

Your treatments for pockmarks, and hair and scalp, have proven to be exactly as you recommend them and have given perfect satisfaction.

C. F. W.

Wilber, Neb.

I have used your remedy and my red veins are perfectly cured.

J. E.

Montgomery, Ala.

Have used the bottle I bought from you for moth patches, and am very much pleased with the results.

MRS. L. G.

Burlingham, N. Y.

My baby five months old was all sore under the chin, neck and breast; and we tried all known remedies, but failed to relieve the soreness, and a few washings with your facial soap cured it.

W. E. S.

Brinkley, Ark.

Find enclosed 50 cents for soap. Your nose instrument works like a charm.

F. L. M.

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Woodbury's Facial Soap for the skin, scalp and complexion; the only soap prepared by a dermatologist of twenty year's experience in treating skin and scalp diseases. For sale by all live druggists, or sent by mail for 50 cents; 3 cakes for \$1.00.

Enclosed nnd \$2, for which please send me treatment for wrinkles. I have used your treatment for freckles and tan and also for oily skin successfully.

Fond du Lac.

W. T.

I was very much pleased with your constipation pills, and found them very efficacious.

Beemer, Nev.

A. M.

The remedy you sent me for Eczema worked like a charm; it was simply wonderful. Also the remedy for wrinkles did splendid.

Ironwood, Mich.

L. L.

## OPERATION PERFORMED TO BRING EARS CLOSER TO HEAD.

My ears are getting along splendidly; I can never thank you for what you have done. You can rely on me at any time to testify to the success of the operation you performed.

Second Place, Brooklyn.

J. C.

Enclosed please find \$4 for another of your special treatments for scars and pittings, and also one cake of Woodbury's Facial Soap. The treatment has helped my face some, and I hope another will completely clear it of the pittings.

West Hartford, Conn.

J. B.

Out of gratitude to you I wish to add my testimony to the value of your special treatment for freckles. About two weeks ago I sent for named treatment and I will say that the result is simply wonderful. I have tried several other remedies highly recommended to cure freckles, without the least improvement, but I am glad to say that I have found the right one at last.

Woodbridge, N. J.

J. C. A.

Please send me your medicine for removing superfluous hair. Have used your soap for only a short time, but have derived great benefit from it. Will never be without it!

Le Sueur, Minn.

B. C.

Please send me by mail a cake of your facial soap, as it is the best soap I have ever used.

Hamilton, Canada.

W. H. R.

Please send me a cake of your facial soap. I find the article is just what it is recommended to be.

Eufaula, Ala.

W. R. J.

I received your mole cure some time ago and am well pleased with it. Please find \$3.15 enclosed, for the preparation to clear the complexion.

Penbrook, Pa.

I am glad I used your facial instrument, it is all that could be desired. Enclosed please find \$1 for rubber bulb.

Wilmington, Del.

C. G. B.



Dodgeville, Wis.

I will enclose you 50 cents for your facial soap, postage paid. Nearly a month ago you sent me a cake of your facial soap which I used according to your directions. Allow me to thank you for it, for it has done me more good than any thing I have ever used.

L. J. T.

New York.

I am obliged to you for your interest in and services to my little girl, who was delighted at announcing yesterday, that the nose wart had dropped off, as you said it would. I send check for amount of your bill.

A. H. H.

Newark, N. J.

I have used John H. Woodbury's Facial Soap over one year, and find it does all that the proprietor claims it will do, and don't want to be without it.

DR. A. G.

Conway, Mass.

Will you please send two cakes of your soap. I have been using it since last March and like it better than any that I have ever used.

E. L. P.

Lynchburg, Va.

Please find enclosed stamps for your facial soap. The mole remedy has proved quite satisfactory in several cures.

A. S.

Indianapolis, Ind.

Please send me a cake of your facial soap. I received a sample cake of this soap some time ago and was very much pleased with the results of its use. It seems to impart a cleanliness to the complexion that no other soap has done, and I have used a number of different kinds recommended for the complexion.

L. O.

Telluride, Colo.

Enclosed find \$2.15, for which please send me by return mail your special remedy for the removal of warts. A little more than a year ago I received a bottle of the same remedy from you, which removed 113 warts from my hand. I think it is the best remedy in the world.

C. F. W.

Boston, Mass.

DEAR SIR—I received the cake of soap you sent me, and can honestly say it is the very best soap I ever used.

As long as your Facial Soap is to be procured I can assure you I shall use no other.

FANNY FORRESTER, Actress.

Sullivan, Ind.

If you need testimonials for barber's itch treatment you can refer to me.

C. M. S.

Philadelphia, Pa.

I enclose herewith \$3.00 for one of your bottles of the same kind of treatment you sent me here some time ago for falling of the hair and dandruff.

G. M.

Cohoes, N. Y.

Having used your remedy for Alopecia Areata, I am glad to say it is doing me a great deal of good. Enclosed you will find the price for another bottle.

Miss D. D.



## CORRESPONDENCE.

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Patients living at a distance can receive reliable treatment and advice by describing their case. Mail the letter carefully addressed. State your post-office address, also your nearest express office. When convenient send money by registered letter, post-office order, draft, check, or express order. Patients wishing to consult me by letter will please enclose two stamps. All correspondence strictly confidential. All treatments securely packed and forwarded by mail or express with full directions and advice. All treatments are harmless, and perfectly safe for the patient to use.

I would say to the public that I have devoted the greater portion of my life to the investigation, theoretically and practically, of my specialty—the treatment of skin, scalp, nervous and blood diseases.

I have practiced in the principal cities of New England, and for the past fifteen years in New York State.

I now occupy the elegant four-story and basement brown-stone-front building with a large two-story laboratory in the rear, at 125 West 42d street, New York City, where all communications should be sent. Consultation free at office or by letter. Established 1870.

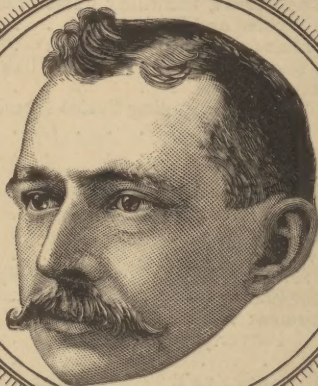
# JOHN H. WOODBURY'S TERMS

For Preparing Special Treatment for Patients Living  
at a Distance.

For Pimples, Fleshworms, Oily Skin, etc. . . . .	\$3 00
For Unnatural Redness of the Nose, complete . . .	3 00
For Scars and Pockmarks . . . . .	3 00
Scars and Pockmarks, including Facial Instrument	5 00
For Moth, Freckles and Tan . . . . .	2 00
For Warts, Moles and Red Veins . . . . .	2 00
Dermaform (for physicians' use only) for Birth Marks etc	5 00
For Untimely Wrinkles . . . . .	2 00
Untimely Wrinkles, including Facial Instrument . .	5 00
For Barber's Itch . . . . .	5 00
For Hair and Scalp . . . . .	3 00
For Superfluous Hair . . . . .	3 00
For Eyebrows . . . . .	2 00
For Beard . . . . .	2 00
Excessive Perspiration . . . . .	2 00
For Offensive Breath . . . . .	1 00
Appliances for Shaping the Nose, with Application.	3 00
Appliance for Ears, with Application . . . . .	2 00
Facial Instrument . . . . .	3 00
For Enlarged Finger Joints . . . . .	2 00
For Eczema . . . . .	5 00
Facial Soap, postage paid 3 cakes . . . . .	1 00
Antiseptic Shaving Sticks, 25c.; 5 for . . . . .	1 00
Antiseptic Shaving Bars, 15c.; 2 for . . . . .	25
For Powder Marks . . . . .	5 00
Toilet Mask or Face Glove . . . . .	3 00
Compound Arsenic Tablets, per box . . . . .	1 00
Remedy for Leucorrhœa " " . . . . .	1 00
Anti-Constipation Pills " " . . . . .	1 00
Pennyroyal Pills " " . . . . .	2 00
Anti-Corpuient Pills, per box, \$2.00, 3 boxes . .	5 00
Face Steamer and Vaporizer . . . . .	5 00
Remedy for Catarrh, full course . . . . .	5 00
Nerve Tonic . . . . .	2 00
Treatment to Turn Hair Golden . . . . .	5 00

P. S.—Patients ordering more than one treatment will please state whether they are to be used by the same person. Patients having complicated cases will please write for terms.

# FACIAL BLEMISHES



JOHN · H · WOODBURY

DERMATOLOGIST

125 WEST FORTY-SECOND STREET

NEW YORK CITY.

ESTABLISHED 1870

CONSULTATION FREE